



# tom foster food services

## tom foster community care

11-13 Darley Street,  
Newtown, NSW 2042  
Phone 9335 2153  
Email [tfadmin@marrickville.nsw.gov.au](mailto:tfadmin@marrickville.nsw.gov.au)

## interpreter service

Marrickville Council employs be-lingual staff who can assist with interpreting. Please call 9335 2222.

You can also call on 131 450, the Telephone Interpreter Service (TIS).

## other programs

Tom Foster Community Care coordinates several programs to improve the quality of life for seniors in the area, such as:

- > Home delivered meal service.
- > Centre based meals, bulk meals and takeaway meals.
- > Marrickville Social Support Service includes home visiting, escorting to appointments and personal shopping.
- > Gentle Exercise and Yoga.
- > Social Group including Tom Foster Seniors, Chinese Seniors, Sydenham Tempe and St Peters Seniors and Portuguese Seniors.
- > Bus transport of local seniors groups to local areas and outings.



tasty, nutritious and high quality meals



## tom foster food services

The Tom Foster Food Service provides individual meals, multicultural meals and bulk meals.

## am i eligible for this service?

You are eligible if you are frail aged, have a disability or are a carer. The service is for citizens who live in the Marrickville, and Leichhardt local government areas. You can phone (02) 9335 2153 to apply.

## what meals are available?

A range of nutritious meals are available to meet your taste and dietary needs. You can make a selection from our menu, which includes numerous multicultural choices.

On a daily basis you have a choice of three main meals. Sandwiches, desserts and drinks are optional.

Sandwiches are available from Monday to Friday, which includes vegetarian and meat.

## key advantages include:

- Individual meal plans catering for special diets and preferences.
- Meals prepared on site by qualified chefs and catering staff.
- A choice of three meal options per day and a four week rotating menu.
- Flexibility of service meals may be delivered chilled, frozen or hot.
- A home visit by a community worker to discuss the meals, costs and referral to home support services if required.

## how are the meals prepared?

All meals are prepared using fresh ingredients. Tom Foster Food Services meet and maintain required FSANZ food safety standards.

## when are the meals delivered?

All meals are delivered by volunteers.

Chilled and frozen meals are delivered in the mornings on Mondays, Wednesdays and Fridays. Hot meals are delivered Monday to Friday. Meals required for weekends are delivered on Fridays.

If you will not be at home, contact our office and alternative delivery can be arranged.

## how do i pay for the service?

You can pay by direct debit, cheque or money order sent to Tom Foster Community Care. You can also pay with a Credit card or EFTPOS.

## you have the right as a client

Tom Foster Community Care operates under a code of conduct to ensure that citizens' rights are protected.

- Be treated with respect and courtesy.
- Have complaints resolved promptly and fairly.
- Have the information you provide to the Centre kept confidential.

## a home and community care funded service

Tom Foster Community Care co-ordinates other programs including:

- Food Services & Meals on Wheels
- Seniors groups
- Bus/Centre Hire

If an interpreter is required, please call the Telephone

Interpreter Service (TIS) on 131 450 *home and community care*

