

Tenant Access

Accessible Housing Association Inc.

April 2017

Playford Community Food Cooperative

The Food Co-op is available to everyone and is a great place to shop with a wide range of grocery items and meal ideas.

At the Playford Food Co-ops our aim is to provide low-cost nutritional food products and grocery items at reasonable prices. We provide cost effective, nutritious food and meal choices, meal preparation and shopping advice and tasting sessions.

The Food Co-op has just made cooking dinner easy! Starting from just \$4.50 the Easy Meals feed a family of four. Included in the pre-packed meal kit is a recipe and all ingredients including meat and vegetables.

Locations

Playford Community Food Co-op -
Elizabeth Downs

Elizabeth Downs Shopping Centre
Shop 5, 26 Hamblynn Road, Elizabeth
Downs SA 5113
Telephone: (08) 8287 4299
Monday - Friday
9.30am - 3.30pm

Playford Community Food Co-op -
Smithfield

Smithfield Plains Shopping Centre
Shop 9, 240 Peachey Road, Smithfield
Plains SA 5114
Telephone: (08) 8254 3641
Monday - Friday
9.30am - 4.30pm

<http://www.playford.sa.gov.au/foodcoop>



If you use one Tea bag you will never see Spiders or Mice in your house again!

Have a problem with mice or spiders in the house? You don't have to spend a lot of money to get rid of them – you don't have to use dangerous chemicals either! All you need is a tea bag (and some water). The 'magic' tea is Peppermint. Brew the tea and leave the bag in the room where the spiders or mice are. The best place for the tea bag is in a corner, so to treat a room, you will need at least four bags. In just a couple of days, you will see the results – no more mice or spiders! You can achieve the same results with some peppermint essential oil (10-15 drops) that is mixed with some water in a spray bottle. As an added bonus; your house will certainly smell amazing! Lemon oil and cinnamon work to repel spiders too.

'To provide affordable housing and services for people, whether they have a disability or are disadvantaged by social circumstance.'

City of Playford - Disability Programs & Activities

The City of Playford in collaboration with Disability SA provides a range of recreation activities ... The social inclusion programs for people with intellectual disabilities regularly attending ten-pin bowling, swimming and other community activities.

www.playford.sa.gov.au/page.aspx?u=1883

EASY CHICKEN PIE

Ingredients

4 Medium Potatoes
1 Large BBQ Chicken
2 Cups of Cooked Veggie Mix
1 Jar of Chicken Tonight Honey & Mustard
1/3 Cup Milk
20g Butter
1 Cup Grated Cheese
Sweet Paprika

Recipe

Preheat oven to 180degrees.
Lightly grease casserole dish.
Place potatoes in a pot of water and bring to the boil, cook for approx. 20 minutes.
Combine chicken and cooked veggie's and chicken tonight sauce in a medium bowl and mix together.
Spoon mixture into casserole dish.
Drain potatoes and mash with milk and butter and spoon onto the chicken mixture.
Use a fork to rough up the mashed potato and sprinkle with grated cheese and dust with sweet paprika.
Cook until potato and paprika has browned a little or until hot enough to suit the whole family.
Serves 4 people as a main meal.

Cleaning Tip!

It can sometimes be hard to get those stubborn marks and grease from your oven.. Oven Power will be able to help with that! It's very easy to use with no scrubbing needed!

You just spray it on, leave it for 10-15 minutes then wipe away all the dirt and grease!

www.ozkleen.com/ovenpower

It's also Australian owned and operated, is available to purchase online as well as in some major supermarkets such as Coles.

HAPPY CLEANING!

Always read the label for safety precautions



Comments or feedback? reception@accessiblehousing.org.au or 338-340 Tapleys Hill Road, Seaton, SA, 5023.



Government of South Australia

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