



# 2020/2021 ANNUAL REPORT and FUTURE DIRECTIONS

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*Maggie Beer Foundation Ltd is registered with the Australian Charities and Not-for-profits Commission (ACNC)*

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## A message from Maggie

*“Food is the fuel of life, of great conversation and memorable meals. Its substance is far more than just the nutrients acquired in the act of eating. It’s the knowledge of loving preparation, the anticipation of sharing a beautifully cooked and presented, fresh and flavourful meal and the delicious pleasure of engaging all our senses as we eat.*

*Food is nutrition not just for the body, but also for the soul. It’s what fires our appetite for life, no matter what age. The superior nutritional aspects aside, fresh food, in season, has so much flavour, and surely that is what needs to be prioritised if we are to enjoy the ritual of eating.*

*I truly believe, and my Foundation is guided by the belief that, with help from so many committed people we can bring about life-altering change to the wellbeing of the elderly by having access to fresh food full of flavour and nutrients. It should be everyone’s right to have good food and I believe that no one group of people need it more. My hope is that every meal can give comfort and pleasure, always something to look forward to.*

*The devastating impact of the COVID-19 pandemic on older Australians has been quite shocking. Our thoughts go out to all older Australians, their families, to all the courageous, dedicated staff in Aged Care homes and to the carers in all homes, who give*



*so much. We are especially mindful of the cooks and chefs who contribute so much to the health, wellbeing, and enjoyment of life to the special people in their care.*

*The Foundation has been exceptionally busy in the recent period highlighting the important role of food in the lives of residents in Aged Care homes. Most notable in our activities has been prominence at the Royal Commission, many media interviews, the initiation, and delivery of the first National Congress on food, nutrition and the dining experience in Aged Care, and the progression of educational support to cooks and chefs through Masterclasses, launch of the Community Forum for cooks and chefs and the production of the Online skills-based training modules (due for launch in November 2021).“*

*Maggie Beer*



**MAGGIE BEER  
FOUNDATION**  
CREATING AN APPETITE FOR LIFE



# SECTION 1 An Overview of Maggie Beer Foundation

## About us

The Maggie Beer Foundation (MBF) was established by Maggie Beer in 2014 to bring life-altering change to the wellbeing of older people through good wholesome food, full of flavour. Maggie Beer is one of Australia's leading and most popular food personalities. Along with being a successful television presenter, Maggie is also a successful author of many books. One of her latest books, *Recipes for Life* was written in conjunction with MBF Board member, Professor Ralph Martins and is a national best seller.

MBF serves aged care through the delivery of practical tools for aged care providers. In addition to our Masterclasses, we provide cooks and chefs with over two hundred recipes that have been developed by Maggie Beer and our expert chefs. These recipes can be upscaled or downscaled, they can be adjusted for texture modified diets and the recipes have been developed in conjunction with dietitians to address the unique requirements of older Australians. The MBF is also directly engaged with individual aged care providers who are seeking to transform their food and dining experiences.

In the last fiscal year, the MBF has undertaken two major projects in conjunction with the Department of Health:

- National Congress on food, nutrition, and the dining experience in aged care to inform policy and practice by providing principles to address the breadth and depth of issues affecting food, nutrition and the dining experience in aged care.
- Aged Care Skills Training Program for Cooks and Chefs to develop, pilot and review 11 online training modules to assist cooks, chefs and carers who provide food to older people in residential and in-home care.

The MBF is a registered Not for Profit and operates with a small executive team plus the voluntary contributions of its Board and supporters. The capabilities of the MBF are exemplified by the width of expertise of the Board members and by the experience and practical skills of our staff. Further detail of the qualifications and expertise of each of the Board members and our executive staff can be provided.



**Maggie Beer**  
Founder and  
Inspiration



**Lynn James**  
Foundation CEO,  
education expert



**Peter Kenny**  
Foundation Chair,  
MD Market Research



**Sarah Goodwin**  
Director, marketing



**Wendy Holdenson**  
Executive Vice  
President, Mitsui  
and Co (Australia)



**Jane Mussared**  
Chief Executive,  
COTA SA



**Professor Kurt  
Lushington**  
Fellow, Psychology



**Professor Ralph  
Martins**  
Alzheimer's  
authority



**Libby Davies**  
Board member  
Not for Profits



**Kevin Reid**  
Director, business adviser,  
chartered Accountant



**Trevor Richards**  
Founding Chair,  
Director, business  
adviser



**Amanda Orchard**  
Expert Chef,  
Founder of Texture  
Modified Food  
Solutions

Four Board meetings were held in the 2020/21 financial year. There were no Board changes.

## Our Future Directions

The MBF Board conducted a Strategy Planning Day in the third quarter of 2021. This day identified that there had been significant change in Government, Provider, and public arenas in the understanding of the problems with food, nutrition, and the dining experience in Residential Aged Care. This change could largely be attributed to the Royal Commission into Aged Care Quality and Safety, to

the Policy changes announced in the Federal Budget of 2021 and in no small part to the contribution of the MBF and the National Congress. The Board believes that in this changed environment there is an opportunity for the MBF to provide a leadership role to ensure that the change reaches and enhances the lives of older Australians. We have called this new strategy Stage 3.

Maggie Beer Foundation Strategic Directions	
<b>Purpose</b>	To extend and enrich the lives of older Australians by promoting healthy and tasty food
<b>Mission</b>	To inspire older Australians and those that support them to prepare and enjoy healthy, tasty food
<b>Vision</b>	MBF will lead an alliance of chefs, cooks, scientists, dietitians, philanthropists, corporations and organisations who have the experience, expertise, passion, and heart to improve the Quality of Life of older Australians through the joy of healthy, tasty foods
<b>Need/Problem</b>	<p>The Royal Commission into Aged Care Quality and Safety found that:</p> <p><i>“Diet, nutrition and hydration are critical to the health of older people. Food is also important to wellbeing, providing enjoyment through taste and smell. Too often we heard that residential aged care providers failed to meet the nutritional needs of people for whom they care and that they provided poor quality and unappetising food. A lack of assistance to eat and drink, leading to malnutrition and dehydration, was a common issue raised by witnesses and in submissions. Studies have revealed that as many as 68% of people receiving residential aged care are malnourished or at risk of malnutrition. The consequences of poor nutrition are significant and often irreversible for older people. Malnutrition is associated with many other health risks, including an increased incidence of falls and fractures, increased time for pressure injuries to heal, and increased risk of infection”.</i></p> <p>These problems are widespread and urgent.</p>
<b>Strategy</b>	To leverage Maggie’s position in the community, the media, her association with the body of experts, politicians, and persons of influence to attract members to the alliance and funding
<b>Why we need more funds</b>	<p>MBF is uniquely placed to address the problem associated with food and nutrition identified by the Royal Commission. We have proven our capabilities through the delivery of face-to-face training, through the initiation and delivery of the first National Congress on food, nutrition, and the dining experience, and we will be providing 11 online skills-based training modules for cooks and chefs in aged Care this year.</p> <p>We urgently require more funding to increase the reach of our education programs and to commence programs that will improve food and nutrition for those receiving home care. We also require funding and the support of individuals and organisations to provide on the ground support; to create and publish guidelines for nutrition for older age groups; for practical food preparation techniques; for research into alleviating food related problems; for research into the change in taste and swallowing abilities; for the development of foods and dining experiences for the differing cultural groups and persons with specific needs</p>

## Our Supporters

The Foundation is very grateful for the generous support provided by the following organisations. Without their support we would not have been able to operate our education, research, and advocacy programs.

We would not have been able to have such a positive impact on the lives of thousands of older Australians without their contribution and shared vision.



## Partners

We also thank the companies who have provided high quality professional services to the Foundation throughout the year. Their contribution ensures that we

operate to the highest standards of Governance and that we provide educational and creative materials that clearly communicate our strategy.



## Committees

The Foundation operates through seven structured committees, which are:

ADVOCACY Jane (Chair), Trevor, Kurt

EDUCATION AND MASTERCLASSES Maggie (Chair), Peter, Lynn,

FINANCE Kevin (Chair), Sarah, Peter, Lynn

FUNDRAISING Libby (Chair), Sarah, Peter, Lynn

GOVERNANCE Kevin (Chair), Trevor, Peter

PARTNERSHIPS On hold

RESEARCH Kurt (Chair), Jane, Ralph, Peter

## Governance

This report provides a specific focus on our Governance processes. The reason for this focus is that the period has featured the Royal Commission; we have had a high level of activity in partnership with the Department of Health; the Aged Care sector has experienced severe difficulties due to the COVID-19 pandemic and because the Foundation has received Job Keeper support.

Furthermore, Governance is especially top of mind to the Foundation in our role of improving quality of life through the food experiences of older, often vulnerable Australians. We are led by and carry the name of one

of Australia's most respected persons, who has been recognised as Senior Australian of the Year. We also aim to be a leader of cooks and chefs and allied health professionals in achieving our Vision. All these factors underpin the requirement for good Governance.

The Governance Sub-Committee, led by Kevin Reid, operates under a Terms of Reference agreement (the full document is available on request). Under this agreement the Governance Sub-Committee has the delegated authority of the Board of Directors to investigate, consider and report, with recommendations to the Board on:

Terms of Reference Part A:

- Board Structure (including sub-committees) - balance of members
- Skills & Competencies of Directors
- Training and development for Directors and Committee members
- Succession planning
- Terms of office
- Directors' Code of Conduct
- Register of Interests
- Conflicts of interest
- Constitutional review
- The evaluation and selection of potential new directors and CEO - assisting the Board and Chair
- CEO Remuneration
- Monitoring the rotation of Directors
- Orientation/ Induction for new Directors
- Board performance evaluation - assisting the Chair

Terms of Reference Part B:

- Significant Contracts
- Significant Agreements

## Section 2 Our Activities

2020/2021 has been one of the busiest and most productive periods of activity for the Foundation since we commenced in 2014. There has been a myriad of large and small projects conducted by the Foundation, including:

- National Congress on food, nutrition, and the dining experience in Aged Care
- Online skills-based training modules for cooks and chefs in Aged Care
- Maggie's media appearances and new books
- Redesigning Dining in Aged Care project, with Match Studio

### National Congress on food, nutrition, and the dining experience in Aged Care



**NATIONAL CONGRESS  
ON FOOD, NUTRITION  
AND THE DINING EXPERIENCE  
IN AGED CARE**

AGENDA | 18 February 2021 | International Convention Centre Sydney

A select number of experts and stakeholders with a diverse range of perspectives are invited to participate in the National Congress, which will inform food and nutrition policy and practice in aged care.

Minister Colbeck    Maggie Beer

The Australian Government Department of Health is partnering with the Maggie Beer Foundation in the delivery of a National Congress on food, nutrition and the dining experience in aged care.



#### Background

The Department of Health teamed up with the Maggie Beer Foundation to conduct a two-day National Congress re-imagining the future of food, nutrition, and the dining experience in aged care in Australia. 130 leading aged care subject matter experts attended and contributed actionable steps that the Department could consider for transforming food experiences in aged care.

#### Process

The starting point of the Congress was a meeting with the Department of Health (DoH) in which the MBF proposed several initiatives which would improve the food, nutrition and dining experience of residents in residential aged care. The DoH subsequently selected the Congress initiative for implementation and issued Tender Reference ID: Health/19-20 / E20-115983.

The successful MBF submission triggered actions to firstly select and recruit a large group of experts and practitioners to a Working Group.

The MBF is very grateful to this Group for its constructive input into the design and execution of the Congress and all the required preparation.

Due to COVID19 travel restrictions and the geographic spread of the Working Group membership it was necessary to conduct the planning meetings online.

Our intention is to harness the goodwill and collaborative spirit of the Working Group in future initiatives designed to implement the outcomes of the Congress.

The Congress was planned to be an iterative learning process so that all attendees could start with a common knowledge base. In preparation for the Congress the MBF in conjunction with the DoH, CSIRO, University of South Australia and the Working Group conducted:

### Members of the Congress Working Group

		
 Pat Sparrow Chief Executive Officer Aged and Community Services Australia (ACSA)	 Professor Julie Ratcliffe GM, expert Flinders University, College of Nursing and Health Sciences	 Keri Lanchester GM - Member Relations Leading Age Services Australia (LASA)
 Amanda Fieldhouse Policy Manager Aged Care Guild	 Sarah Brown CEO, Purple House National Advisory Group for Aboriginal and Torres Strait Islander Flexible Aged Care (NAGATSUAC)	 Christine Day Manager Operations & Special Projects Older Persons Advocacy Network (OPAN)
 Ethne Irving Deputy CEO, General Manager, Policy and Advocacy Australian Dental Association	 Stephen Judd Chief Executive Officer Residential Aged Care representative	 Dr Julie Cichero Speech Pathologist Speech Pathology Australia
 Jeannine Biviano Executive Director Healthcare Compass Group	 Dr Simon Longstaff Executive Director The Ethics Centre	 Dr Sandra Iuliano Senior Research Fellow University of Melbourne, Department of Endocrinology
 Deloitte	 Maree McCabe Chief Executive Officer Dementia Australia	 Mary Ann Geronimo Director of Policy - Health and Ageing Federation of Ethnic Communities' Council of Australia (FECCA)
 Ian Yates Chief Executive Officer COTA Australia	 Ngina Hobbins Dietitian Dietitians Australia	
 Robert Hunt Chief Executive Officer Dietitians Australia		

- Landscape survey of current food practices
- Literature Review
- Collation of manuals and reports
- 27 Submissions from organisations and experts (called for by the DoH)

The National Congress on food, nutrition and the dining experience in aged care was held on 18 February 2021 as a hybrid event due to COVID 19 restrictions. Shortly thereafter, the Royal Commission into Aged Care Quality and Safety's Final Report was handed down, 26 February, and made public on the 1 March 2021.

The Congress took place at the International Convention Centre in Sydney and was available to virtual participants through a dedicated online platform. It was followed by the Congress Workshop, attended mostly by members of the Working Group, which helped in the design of the pre-reading material and the event itself was designed to be as a Congress rather than a conference. The significant difference between these 2 approaches is that a Congress utilises forums and discussions to provide succinct outputs based upon consensus whilst a traditional conference utilises presentations and panels to inform an audience.

The MBF contracted 2 key partners to ensure that the Congress would be executed as a professional, high-quality event and that the Report would be written and submitted to meet the tight timeline set by the DoH. We are very grateful to the teams from Deloitte and Arinex for their contributions.

The MBF also identified and coordinated international speakers to provide insight into the status of food, nutrition and the dining experience in Canada and Europe. We are very grateful to Edwig Goosens, Centre for Gastronomy and Primary Food Care, Belgium and to Dr Heather Keller, Chair in Nutrition and Ageing, University of Waterloo, Canada for their contributions.

The significance of the Congress was acknowledged by Senator the Hon Richard Colbeck and by Professor Wendy Lacey who opened the Congress with Maggie Beer AM.



Our thanks also go to all the panel members and moderators. We also congratulate Barry McKibbin Hospitality Services Manager, Anglican Care, Newcastle, NSW who was selected to represent best practice in food, nutrition, and the dining experience in Australia.

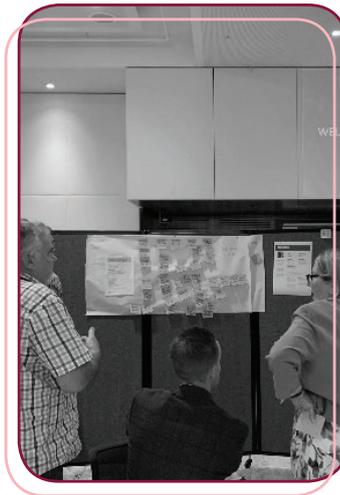
This initiative by the Department of Health and the Maggie Beer Foundation was acknowledged by the Minister and participants. The breadth of narrative at the Congress was appreciated and there was general encouragement to continue to share expertise and to collaborate in the interests of those in aged care.

The Congress addressed nine key topic areas identified by the Working Group:

- The importance of food
- Best practice – Australia and around the world
- Consumer choice and dignity
- Nutrition
- Oral health, swallowing and hydration
- Food production and presentation
- Menu planning and innovation
- Dining experience
- Staff, skills and training



## Images from the Congress



## Report

This report provides the findings and actions identified under each of the topic areas. Over the course of the Congress, 56 findings emerged with 139 possible actions that could be taken to address some of the current pain-points with aged care.

Across the two days of the Congress, including the workshop, several themes emerged. These themes were provided to the Department of Health to assist with their examination of the pre-Congress documentation and the Congress outputs.

1. Food, nutrition, and the dining experience is an **urgent issue**
2. Australia is not the only country with these issues and would benefit from increased international awareness and collaboration
3. There is **variability** in the quality of meal experiences with some homes demonstrating successful initiatives to improve practices, but many homes exhibiting poor practices. A clear direction and commitment by management has been required to implement effective change.
4. There is a lack of **transparency and accountability** in the delivery of food, nutrition, and the dining experience. Best practice screening and reporting on malnutrition, Quality of Life and food experiences will improve informed choice for residents and their families.
5. The **workforce** engaged in the planning, preparation and serving of food is in many instances not adequately rewarded and lacking in the skills necessary to fulfil their roles to minimum standards. Elevation of the roles of cooks and chefs, and the introduction of training programs for all those involved in food handling, serving and preparation are required to improve the quality of the workforce.
6. **Health and allied health** professionals including GPs, dietitians, speech pathologists, occupational therapists, dentists and dental hygienists, mental health workers, podiatrists, physiotherapists and others are not adequately available to residents. The creation of multidisciplinary teams was well supported by the Congress



7. **Oral health** of residents coming into aged care is not always good and increased dental services and attention to oral health by care workers within aged care will alleviate many eating problems
8. Mechanisms to ensure collaboration between management, health professionals, nursing staff, cooks and chefs and **Resident Foodie Groups** will result in foods that better suit cultural and residential diversity and provide greater choice.
9. The joy of food can be increased by **Infrastructure changes**. One successful approach has been to remove certain institutional food preparation practices and large dining halls and replace them with accessible home styled kitchenettes where food can be cooked and finished attractively, residents can participate, and aromas and flavours of fresh food drive appetite. The small household model of accommodation facilitated this approach.

The final Report has not been released by the DoH as of 9th September 2021.

We are assured that release is imminent.

## Online skills-based training modules for cooks and chefs in Aged Care

Education for cooks, chefs and hospitality staff in Aged Care has always been the strategic focus of the MBF. Prior to the COVID-19 pandemic Education has been delivered through Masterclasses delivered annually on a rotating state basis (more details of this program can be found in the 2017/18 Annual Report. Unfortunately, we have not been able to conduct Masterclasses since December 2019.

To accelerate our Education Programs and achieve much wider reach we applied for, and were granted:

### Dementia and Aged Care Services Fund: Research and Innovation Grants

Grant Activity Name: Aged Care Skills Training Program for Cooks and Chefs

Grant Activity ID: 4-B21JSY9

In partnership with Altura Learning, with support from William Angliss Institute and the generous contribution from some of Australia's foremost Subject Matter Experts, production of the 11 pilot modules is well underway.



# The Maggie Beer Foundation is launching 11 new online training modules

## WHY are these modules needed?

The roles of cooks and chefs in aged care is extremely demanding and highly responsible. Their main responsibility is the preparation of flavoursome, safe, wholesome foods for the often-vulnerable people in their care. In the busy world of aged care, they often take on responsibility for menu design, for staff, for procurement, for budget and for kitchen and dining room management. They require knowledge of the special needs of older people, their nutrition and special diets, the psychology of their social interaction, the institutional assessment and governance processes of the organisation and much more. Yet many of the cooks and chefs currently in aged care have no formal training in hospitality and are expected to learn on the job.

There are currently no training courses available in Australia through the TAFE or specialist training providers to meet the needs of cooks and chefs. To fill this critical gap, the MBF has designed this online training program into short manageable modules. These training modules have been made possible by a grant from the Australian Government Department of Health.

## HOW LONG is each module?

Each individual module will comprise 30 minutes of online video-based learning that can be completed at the learner's convenience,

## WHAT is included in the modules?

Each Module is produced using television techniques that are enjoyable and provide new skills and learning.

## What are the 11 modules?

NUMBER	TITLE
M01	CREATE TEMPTING FINGER FOOD & SANDWICHES
M02	COOKING TECHNIQUES THAT IMPACT
M03	COOK FRESH.CHILL. ENHANCE
M04	FEED THE EYES FIRST: FOOD PRESENTATION
M05	KEEP IT FRESH: KITCHEN GARDENS
M06	DELIVERING HIGHER PROTEIN ALL DAY
M07	RETHINKING TEXTURE MODIFIED FOOD
M08	FOOD CULTURE OF FIRST AUSTRALIANS
M09	EMBRACING FOOD FROM DIVERSE CULTURES
M10	IMPROVING THE DINING EXPERIENCE
M11	MAXIMISING FLAVOUR: ENGAGE THE SENSES

## HOW MUCH does each module cost?

Modules will be available in bulk through Altura Learning and individually through the Maggie Beer Foundation website. The cost includes learning resources, acknowledgement of completion and access to the Maggie Beer Foundation Community Forum for cooks and chefs in Aged Care. All proceeds from the modules are used to support the Maggie Beer Foundation Community Forum.

Modules provided individually will be at a cost of \$39.95 (excl GST).

The content of each module includes:

- Introduction and cooking demonstrations from Maggie Beer
- Specialist explanations from subject matter experts
- Recipes which include details on ingredients, method, equipment, cost and nutritional profile
- Downloadable learning resources, recipes, and references
- Knowledge self-check questions
- MBF acknowledgement for successful completion of the module

Each module is produced to the highest standard using the expertise of the Maggie Beer Foundation, leading subject matter experts and Australia's largest specialist education and training provider (William Angliss Institute). The production quality is assured by Altura Learning (Altura Learning is the leading provider of high-quality customised training to the social care sector).

## WHAT IF I have questions or need more information?

When you sign up for a module you will be given free access to the Maggie Beer Foundation Community Forum for cooks and chefs in Aged Care. Once in this forum you can ask Maggie and expert chefs questions on the module, you can engage with other cooks and chefs, you get access to an extensive database of recipes specifically designed for Aged Care and you can put up your own favourite recipes and make suggestion.

## Will there be more modules in the future?

Yes. After the first 12 months of operation the Maggie Beer Foundation will conduct an analysis of take-up and satisfaction. In the years ahead we have plans to produce a further 34 modules to extend specialist online training in the provision of delicious, enjoyable food, nutrition and the dining experiences for all older Australians (Refer to Appendix 1).

## WHEN will the modules be available?

The modules are currently in production and will be available from January 2022.

The Maggie Beer Foundation is extremely grateful to the following SME's, chefs and support team for their valued contribution:

NUMBER	TITLE	Expert support
M01	Create Tempting Finger Food and Sandwiches	Peter Morgan Jones, Morgan Pankhurst, Amanda Orchard
M02	Cooking Techniques That Impact	Simon Bryant
M03	Cook Fresh. Chill. Enhance	Leo Gstrein, Ryan Carmichael
M04	Feed The Eyes First: Food Presentation	Amanda Orchard, Eliza Thomas
M05	Keep It Fresh: Kitchen Gardens	Cath Manuel, Amanda Orchard, Katy Twomey, Rachel Powelll
M06	Delivering Higher Protein All Day	Morgan Pankhurst, Sandra Iuliano
M07	Rethinking Texture Modified Food	Peter Morgan Jones, Amanda Orchard
M08	Food Culture of First Australians	Christian Hampson, Tracy Hardy, Elyse Wilson, Simon Evans
M09	Embracing Food from Diverse Cultures	Sam Tsang, Patrick Chan, Ved Prasad, Ada Cheng, Jenny Chua, Mon Begum
M10	Improving The Dining Experience	Polly Whitworth
M11	Maximising Flavour: Engage the Senses	Simon Bryant, Peter Kenny

Other supporters who donated equipment, ingredients, time, location, and assistance.

#### Organizations

Flinders University  
 Hammond Care  
 Compass Group  
 Whiddon Group  
 Anglican Care  
 Australian Nursing Home Foundation  
 Gallipoli Home  
 James Ruse Agricultural High School  
 Yerrabingin  
 Maggie Beer Products

#### Individuals

Eliza Thomas  
 Angela Hicks  
 Adrienne Sun  
 Steve Iliffe

#### Food & Equipment

Brassiere Bread,  
 Tomkin Australia,  
 Robot Coupe Australia,  
 Dirty Inc.  
 In2Food Australia



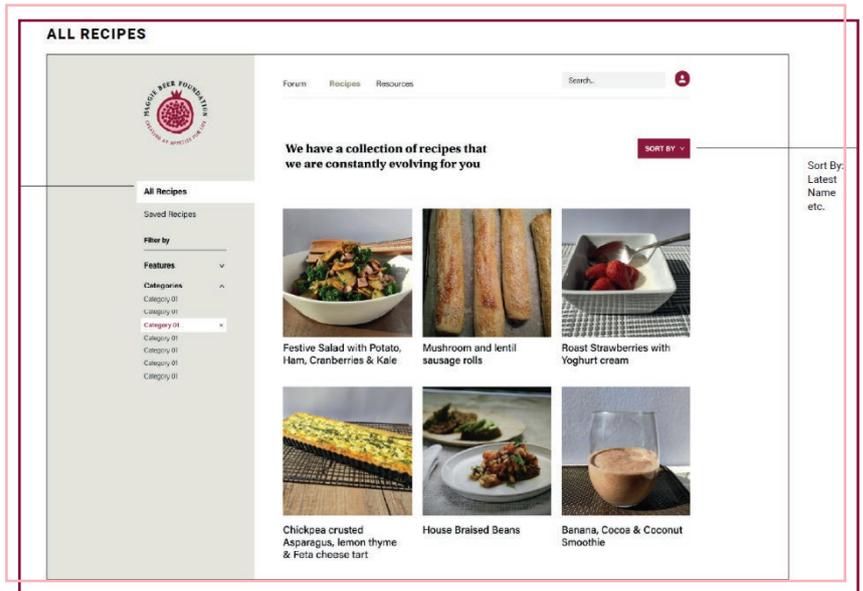
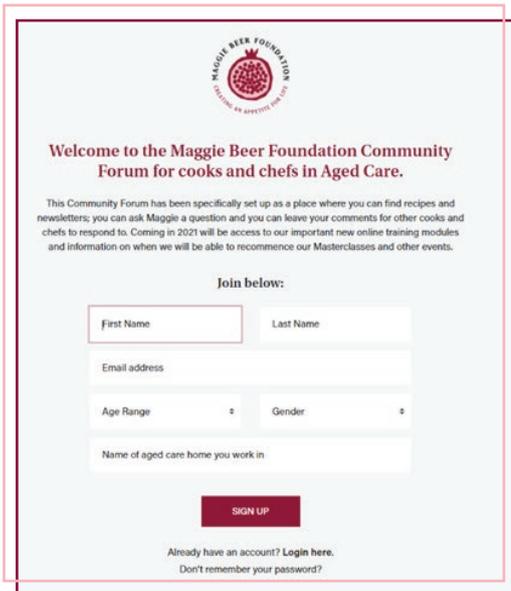
# Maggie Beer Foundation Community Forum for cooks and chefs in Aged Care

The MBF believes that to be an effective training provider it is essential to provide a resource where cooks and chefs can ask questions, solve problems, and share their experiences. This resource is currently lacking in Aged Care in Australia.

An important deliverable for the Grant is the construction of this resource. In conjunction with specialist web development agency, Collab, the development of the resource has been completed.

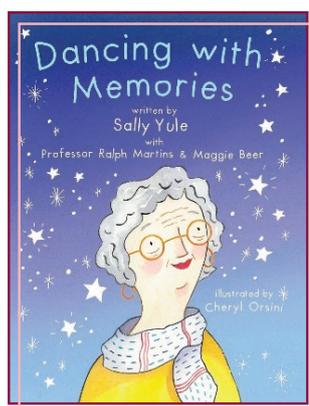
We have called this helpful resource the Maggie Beer Foundation Community Forum for cooks and chefs in Aged Care.

Once registered the user can access over 200 Maggie Beer Foundation recipes and a myriad of tips and tricks; access resources to support the training modules and ask questions of Maggie and our expert chefs. This forum will enable cooks and chefs to communicate with each other, share recipes and build their collective knowledge base.



## Maggie's books and media appearances

In April 2021 Maggie and Professor Ralph Martins contributed to a children's picture book about living well with dementia. Written by Sally Yule and Illustrated by Cheryl Orsini.



Dancing with Memories is a children's picture book about living well with dementia. It re-envisioned what's possible by enjoying people living with dementia, more than fixating on what is lost. It is generative, not despairing; it informs and empowers. It centres on a community aware of the respectful support people living with dementia need and deserve - a dementia-friendly community, where people take time to notice, listen and act. Supported by Professor Ralph Martins' Q&A and Maggie Beer's healthy lunchboxes, Dancing with Memories provides a platform to raise awareness, alleviate fears and facilitate conversation with children around brain health. It highlights the importance of a life-long healthy diet and lifestyle and empowers children to engage with hope and intent in the growing social challenge of dementia. The book is for sale online at [www.dancingwithmemories.com.au](http://www.dancingwithmemories.com.au)



Maggie and Ralph have previously released a best-selling recipe book, Recipes for Life, that included a substantive discussion on good nutrition and its impact on dementia.

Introducing this book Maggie said "To have a healthy old age you must act now, whether you are 30 or 50. I have two great passions – sharing my love of cooking delicious simple food and improving the health and nutrition of older people. I hope this cookbook does but it's not for 'old' people, it's for you. I have been delighted to work with leading Alzheimer's researcher Professor Ralph Martins in recent years and I have learned that if we are to avoid Alzheimer's and other lifestyle diseases it is what we eat today that matters".

Maggie and Ralph have made generous contributions to the Foundation generated from the sale of these books.

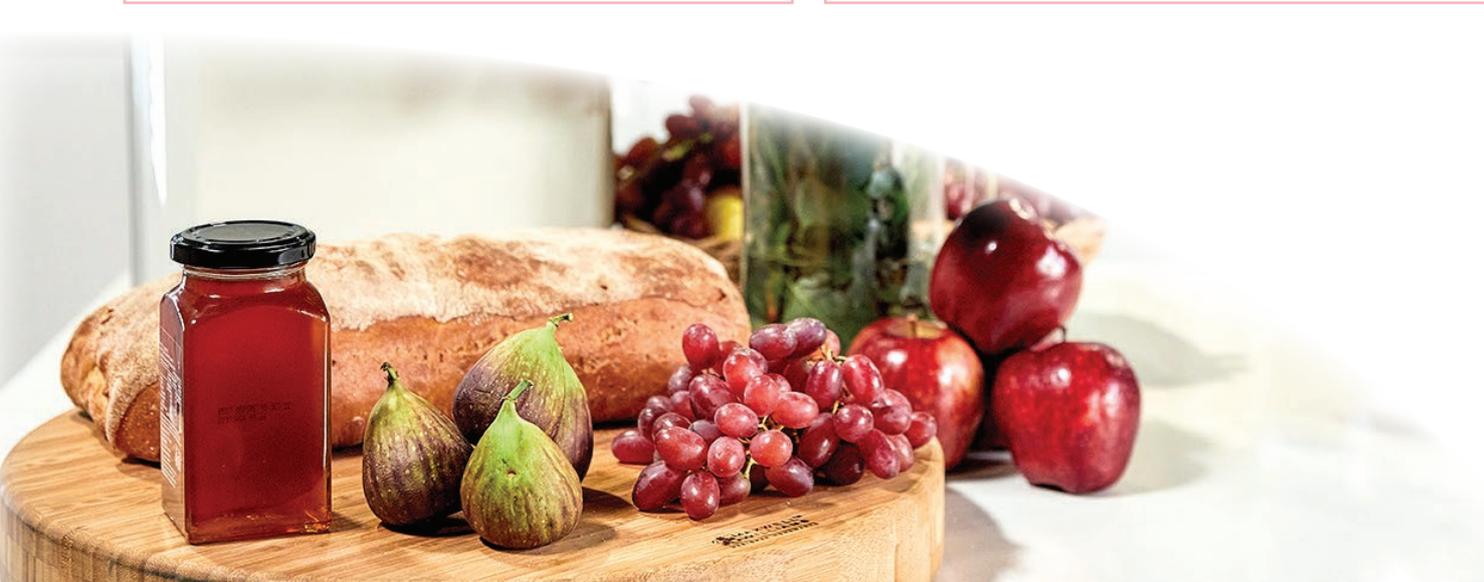
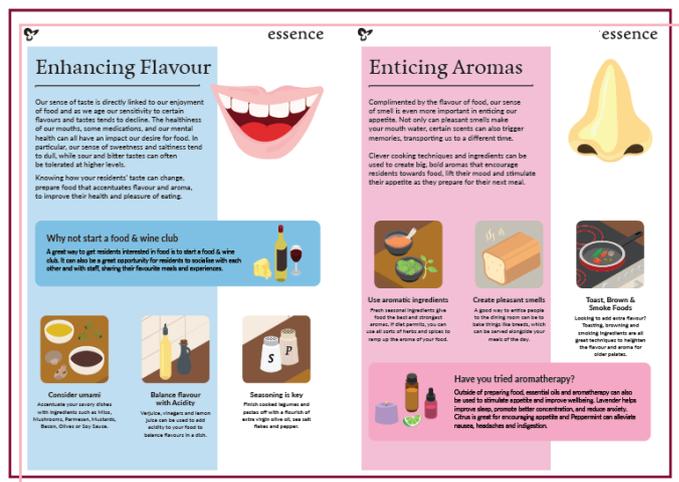
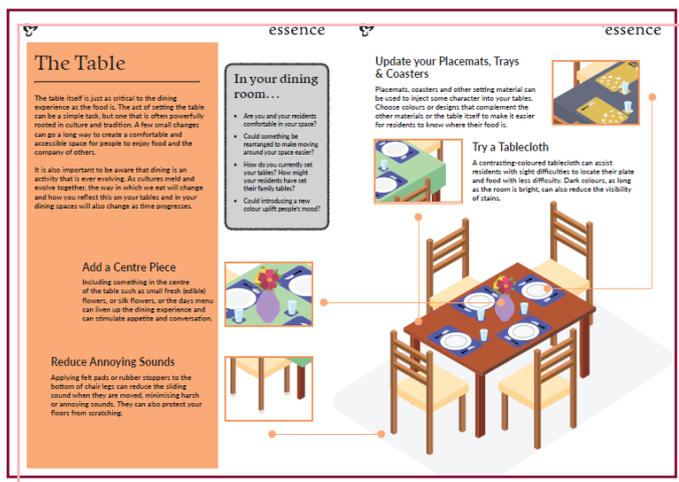
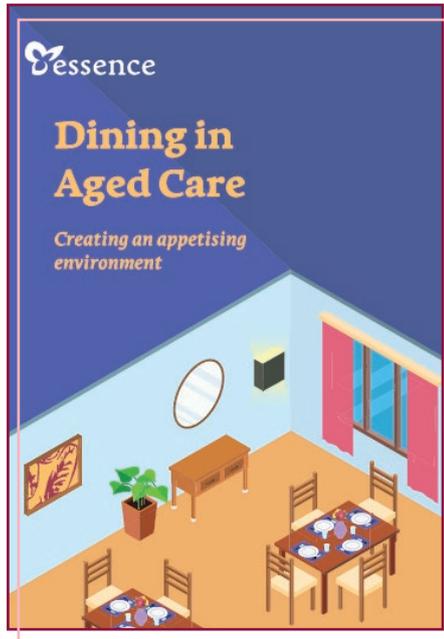
Maggie's media appearances in support of the Foundation and our activities have been extensive in this period. Some notable appearances include:

20/06/2020	Maggie Video message for cooks and chefs in Aged Care	Online
7/10/2020	Q&A with Minister	Television
20/12/2020	UK webinar on food in Aged Care by Population Health Sciences Institute	Online
1/03/2021	7.30 Report	Television
25/02/2021	Aging Australia Congress Review	Online
10/03/2021	Sunrise, Channel Seven Network	Television
10/03/2021	ABC Radio National, Drive Program with Patricia Karvelas	Radio
10/03/2021	Maggie Beer Foundation calls for better food and nutrition in aged care	Online
12/03/2021	ABC News Breakfast	Television
17/03/2021	Maggie Beer Foundation calls for improved food and nutrition in aged care	Online
17/03/2021	Maggie Beer Foundation delivers report on aged care and nutrition	Online
17/03/2021	Maggie Beer Foundation shares food recommendations in aged care following Royal Commission Final Report	Online
5/05/2021	3MP Relish Interview with Maggie Beer	Radio
14/06/2021	N Drive The Cook and The Chef reunite to "reverse the paradigm" Radio radionational/programs/drive/the-cook-and-the-chef-reunite-to-reverse-the-paradigm/13387312	Radio
8/2021	Australian Women's Weekly, Maggie's Mission	Print

# Redesigning Dining in Aged Care with Match Studio

A successful research project was conducted with Match Studio, the research and learning space of UniSA. The Foundation provided funding that supported a student-based project that focused on improving the environment, design, amenity and pleasure of dining in aged care homes. The outcome of this project was an

outstanding booklet providing very helpful guidelines for Dining in Aged Care. The booklet is contemporary and highly practical. The contribution of the MBF is evident throughout. We congratulate the students and staff of Uni SA and Match Studio for the outstanding work in the production of this booklet.



## SECTION 3 OUR FINANCES

Like many charities, we can only achieve our Mission and Vision with the support of Government, business, philanthropists and individuals. Whilst the Foundation has achieved a great deal for older Australians our finances are limited as demonstrated by the summary of our financial performance and position for 2020/21 below.

We specifically would make mention of Maggie's tireless contribution. Maggie donates all of her time, presenting to Masterclasses; the Food Congress and extensive filming for our Online Training Program. Maggie speaks at events and to media and all of her fees are donated to the Foundation. In addition, royalties from Maggie's books are contributed to the Foundation.

**MAGGIE BEER FOUNDATION LIMITED**  
**ABN 15 168 279 865**

**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30 JUNE 2021**

	Note	2021 \$	2020 \$
<b>ASSETS</b>			
<b>Current assets</b>			
Cash and cash equivalents	6	454,403	662,228
Trade and other receivables	7	33,113	38,946
<i>Total current assets</i>		<u>487,516</u>	<u>701,174</u>
<b>Non-current assets</b>			
Property, plant and equipment	8	2,496	107
Intangible assets	9	8,563	12,153
<i>Total non-current assets</i>		<u>11,059</u>	<u>12,260</u>
<b>TOTAL ASSETS</b>		<u>498,575</u>	<u>713,434</u>
<b>LIABILITIES</b>			
<b>Current liabilities</b>			
Trade and other payables	10	342,356	632,940
Employee benefits	11	7,289	5,189
<i>Total current liabilities</i>		<u>349,645</u>	<u>638,129</u>
<b>TOTAL LIABILITIES</b>		<u>349,645</u>	<u>638,129</u>
<b>NET ASSETS</b>		<u>148,930</u>	<u>75,305</u>
<b>FUNDS</b>			
Accumulated funds		<u>148,930</u>	<u>75,305</u>
<b>TOTAL FUNDS</b>		<u>148,930</u>	<u>75,305</u>

**MAGGIE BEER FOUNDATION LIMITED**

**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME**  
**FOR THE YEAR ENDED 30 JUNE 2021**

	Note	2021 \$	2020 \$
Revenue	4	547,943	450,093
		<u>547,943</u>	<u>450,093</u>
Expenses			
Administration		(32,005)	(30,140)
Bank charges		(196)	(2,748)
Depreciation and amortisation	5	(3,701)	(3,804)
Education program expenses		(217,858)	(51,121)
Online training program development expenses		(100,643)	(179,558)
Employee benefits expense		(119,915)	(162,393)
		<u>(474,318)</u>	<u>(429,764)</u>
Surplus before income tax		73,625	20,329
Income tax expense		-	-
Surplus for the year		<u>73,625</u>	<u>20,329</u>
Other comprehensive income		-	-
Total comprehensive income for the year		<u>73,625</u>	<u>20,329</u>



## SECTION 4 IMPORTANT INFORMATION

### HOW YOU CAN HELP

#### **Become a Supporter**

You can show your support and stay connected with the Foundation's work by joining the supporters register at <https://www.maggibeerfoundation.org.au/subscribe>

#### **Complete an online training module and join our Community Forum for cooks and chefs in Aged Care**

Cooks and chefs who have completed one or more of our online training modules can access over 200 Maggie Beer Foundation recipes, access support and ask questions of Maggie and our expert chefs. Members of the Community Forum can share ideas and recipes with each other and build the collective knowledge base.

#### **Make a donation**

The easiest and most immediately useful thing you can do is to become a supporter of the Foundation by donating. All donations made will be put towards the Maggie Beer Foundation's strategic priorities.

[www.maggibeerfoundation.org.au/make-a-donation](http://www.maggibeerfoundation.org.au/make-a-donation)

Workplace / payroll giving: MBF is registered with Good2Give - you can find out more about workplace giving at <https://good2give.ngo/>

#### **Leave a bequest**

By leaving a legacy in your Will to Maggie Beer Foundation through a bequest, you make a powerful commitment that will assist in improving the food experiences for current and future generations.

Maggie Beer Foundation Ltd - ABN 15 168 279 865

#### **Become a corporate partner**

We create connected partnerships with companies and businesses who share our philosophies and commitment to 'creating an appetite for life'.

There are many mutually beneficial ways that your business can get involved with MBF, contact us for further information

#### **Become an Advocate**

The primary focus of the Maggie Beer Foundation is to improve the emotional and physical wellbeing of each and every older Australian. We need governments and the whole of Aged Care to refocus policy. We know this is no easy task for anyone involved in Aged Care - it's not simply a matter of a menu change. This requires examination of every aspect of Aged Care. You can help. Share your own story and help create an appetite for change and an appetite for life.



## NOTES

## NOTES





## CONTACT US

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