

April 2020

ANZAC SPIRIT STILL STRONG VIA SOLDIERS' BISCUITS

Enjoying a biscuit on Anzac Day this year has become even sweeter with the availability of the Soldiers' Oat biscuit, one of many precursors of today's Anzac Biscuit. The biscuits' names, taste and ingredients have evolved over the years, but the significance remains.

Aged care provider ACH Group is throwing full support behind the War Widows' Guild and culinary historian Allison Reynolds who have collaborated with Emmaline's Country Kitchen in Lobethal to re-create this biscuit, one of Australia's original war time comfort foods.

"The Anzac biscuit we know today is unique because there's no other food that I can think of that has come out of the vagaries of war that we still make and enjoy today," said Allison Reynolds, author of the book *Anzac Biscuits: The Power and Spirit of an Everyday National Icon*.

"One of the reasons we make Anzac biscuits is because it connects us to our past, it's an edible form of commemoration and it embodies the spirit of the Anzac themselves. The homemade biscuits were a popular inclusion in Australian comfort food parcels sent to soldiers during WW1 due to the accessibility of ingredients and easy cooking methods."

The War Widows' Guild will use donations from the sale of Soldiers' biscuits to continue offering support to its members.

"I've been widowed for 29 years and I can say that without the War Widows' Guild and the support I was given in the early days, things would be very different for me," said President of the War Widows' Guild SA Jan Milham.

As part of its retirement living services, ACH Group manages and maintains the War Widows' Guild SA housing communities and provides support to residents.

"Given our long association, we are proud to support the War Widows' Guild SA in this biscuit project and help share the story", said ACH Group's Chief Executive Officer Frank Weits.

With the cancellation of this year's Anzac Day services in light of the COVID-19 crisis, purchasing a packet of original recipe Soldiers' biscuits is another way to honour our returned service men and women who sacrificed their lives for us and it also supports the important work of the War Widows' Guild in SA.

The biscuits, with a recommended retail price of \$7.99, are available at selected supermarkets, convenience stores and online via Emmaline's website www.adelaidehillsfoods.com.au. Fifty cents donation from each pack of biscuits sold will go to the War Widows' Guild (SA) Inc.

End Media Release

About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952. As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities. Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

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