



#THE  
BISCUIT  
TIN



# RECIPES FOR *Respect*

Celebrating older women  
in Whitehorse



POSITIVE  
AGEING







# Welcome

**Recipes for Respect shares delicious recipes to help fill your biscuit tin, while inviting you to learn more about some amazing older women and the valuable roles they play in our community.**

The portraits of the women and their biscuit tins remind us of the contributions older women make as nurturers and carers. The women told us they want these roles to be seen and valued – alongside the broader contributions they make.

Recipes for Respect is part of a project called The Biscuit Tin. This project raises awareness of the inequalities experienced by many older women due to ageism and sexism.

We all have a part to play in ensuring that older women count in our families, our communities and our society every day of the year.

We hope you enjoy reading Recipes for Respect and get a chance to try out some of the recipes.


*Happy baking!*







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# Anne's Biscuit Tin



**This biscuit tin belonged to my mother-in-law, Elsie Alice. I gave it to her after my husband and I were engaged. My mother-in-law baked biscuits until she was 100 years old.**

The recipe book has her ginger nut biscuit recipe that we all love. She used to make biscuits for us every fortnight – a tin of ginger nuts and a tin of Anzac biscuits. When we visited, there was always a plate of biscuits to share. The grandchildren would rush to the pantry door and pull out the biscuit tins.

## How is respect shown to you?

My family are lovely and respectful. When I see other people being put down by their families, I feel sad that respect is not being shown. There are three generations of people living in my home and it is lovely. When my husband retired, he had to learn new skills. Now there are three of us that share that work. That's respect.

I think it would be hard sometimes if you are caring for a person who is living with dementia or someone who has a disability. I think it is hard to be respectful all the time when you have a demanding role – and the carers need to be shown respect as well.

**GARDEN GUIDE  
PAPER MAKER  
COMMITTEE MEMBER  
CONNECTOR  
MOTHER  
GRANDMOTHER**





# Gingernut Biscuits

Makes about 20 biscuits

## Ingredients

85 grams butter or margarine

115 grams golden syrup

225 grams self-raising flour

2 teaspoons ground ginger

115 grams caster sugar

## Method

1. Preheat oven to 180°C (160°C for a fan forced oven) and grease a few baking sheets with a little butter and set aside.
2. Add the butter/margarine and golden syrup to a small pan and gently warm over a low-medium heat, until just melted. Alternatively, in a microwave proof bowl, warm the butter/margarine in short bursts in the microwave.
3. In a large bowl, mix the flour, ginger and sugar, before adding the melted butter/margarine and syrup.
4. Roll the dough into balls (about 1 tablespoon each) and place onto the greased baking sheets (leave space between as they spread while baking).
5. Bake in preheated oven for 10-15 minutes until golden.
6. When cool enough to touch, transfer to a wire rack to cool completely.



# Dilnaz's Biscuit Tin



**My biscuit tin is a typical Dutch biscuit tin. It belonged to my mother-in-law who lived with us for 10 years. She would open the biscuit tin and her face would light up thinking about which biscuit she would choose.**

Inside the tin I have a cake. This cake describes me. It is a bit of sweet and spice, and everything nice, with a little bit of tart. My children love this cake. My neighbours say it is a cake that warms the heart. I get joy out of making it. This cake recipe is something I have learned later in life. I am happy to try new things.

## How is respect shown to you?

My family shows respect for me by encouraging me to do things. If I see a new opportunity and I ask my children about it, they always say 'go for it'. They offer to do role plays to help build my confidence. This gives me motivation and boosts my morale. That's one of their ways of showing respect.

As older women we must be careful to value ourselves so that people value us as well. Some older women I know think ageing is a sliding slope of loss – they don't have confidence in themselves. We cannot lose ourselves. We need to continue to engage with the world.

**COMMUNITY CONNECTOR**

**BOARD MEMBER**

**VOLUNTEER**

**HEALTH AND SOCIAL  
JUSTICE ADVOCATE**

**POSITIVE INFLUENCER**

**WIFE**

**MOTHER**





# Lemon Orange Jaggery Cake



## Ingredients

- 1½ cups almond meal
- 2 eggs
- ½ cup jaggery (unprocessed raw sugar)
- ½ cup orange/lemon juice
- 2 tablespoons zest
- ½ cup oil
- 1 tablespoon yoghurt
- 1 teaspoon vanilla essence
- 1 teaspoon baking powder
- 1 teaspoon cinnamon powder

## Method

1. Beat two eggs well, add jaggery, keep beating mixture, add meal and everything else.
2. Fold in properly.
3. Line a baking tin and bake on 175°C till mixture rises and is golden.
4. Sprinkle a teaspoon of icing sugar. Finely cut lemon/orange slices (without rind) for decoration on top of the cake. Voila!

Source: [Dilnaz Billimora](#)



# Eleanor's Biscuit Tin



**I have a set of three biscuit tins, my family call them the duck tins.**

I will bring one of these and I will make my Toll House cookies. It's my go to recipe – I have been making them for a long time. If the biscuit tin is low and I feel like something sweet, I cook them. Family and friends usually enjoy them. The recipe was on the chocolate chip packet years ago!

## How is respect shown to you?

My son came to mind first. If he is applying for a job, he asks me to review his application. He always considers the suggestions I make, showing respect for me by valuing my opinion.

I was a teacher and held some responsible positions. People respected me because they had to. But now, nobody needs to ask me what I think and when they do I feel they are showing respect. When people respond to my suggestions or ask for my advice it is affirming. I feel that I still have something of value to offer.

My stepchildren live in Victoria, we have a strong relationship and they are very good to me. My son lives interstate and I appreciate his daily contact.

**SISTER**

**TEACHER**

**WIFE**

**MOTHER**

**STEPMOTHER**

**GRANDMOTHER**

**GREAT-GRANDMOTHER**

**WRITER**

**KNITTER**





# Toll House Chocolate Chip Cookies



## Ingredients

85 grams butter

170 grams self-raising flour

85 grams sugar

100 grams choc bits

1 egg

½ cup chopped walnuts

## Method

1. Melt the butter in a saucepan and add the sugar. Stir to dissolve. Cool.
2. Add egg, walnuts, flour and choc-bits. Stir well to combine.
3. Drop by teaspoonful onto greased scone tray (these days I use baking paper).
4. Bake in a moderate (180°C) oven for 15 minutes.
5. Remove to a rack to cool.

Source: Eleanor via Nestlé



# Elizabeth's Biscuit Tin



The tin I have originally had shortbreads in it. I kept it because there are two little Scotty dogs on the cover of it. I kept it because it a good shape and the Scotties on the lid are raised. My grandchildren used to use the lid to draw out the shape of the dogs.

I have four children and they are all strong minded. When they were young, I made them Canadian Coconut Slice. They would scoff them. When I told them about this project, my daughter who is 60 years old said I had to make Canadian Coconut Slice.

The recipe I am using is from the old Presbyterian Women's Missionary Union (PWMU) cookbook. The book was given to young housewives in the 1950s.

**BIOLOGICAL SCIENTIST**  
**EDUCATOR**  
**LIFETIME VOLUNTEER**  
**OPEN GREEN**  
**SPACE ADVOCATE**  
**PIONEER**  
**GRANDMOTHER**  
**GREAT-GRANDMOTHER**  
**WIFE**



## How is respect shown to you?

In my family there is respect. There is love. I am not abused. I am told to use it or lose it by my kids. It's tough love – a type of humour and loving "disrespect". They are always there for me. In public I am seen as physically frail and the older I get, the more help I seem to be getting.

I haven't directly experienced disrespect. But I have found that doing business on the phone easier than face to face because people look at me and see my age and think maybe she can't do this.





# Canadian Coconut Slice

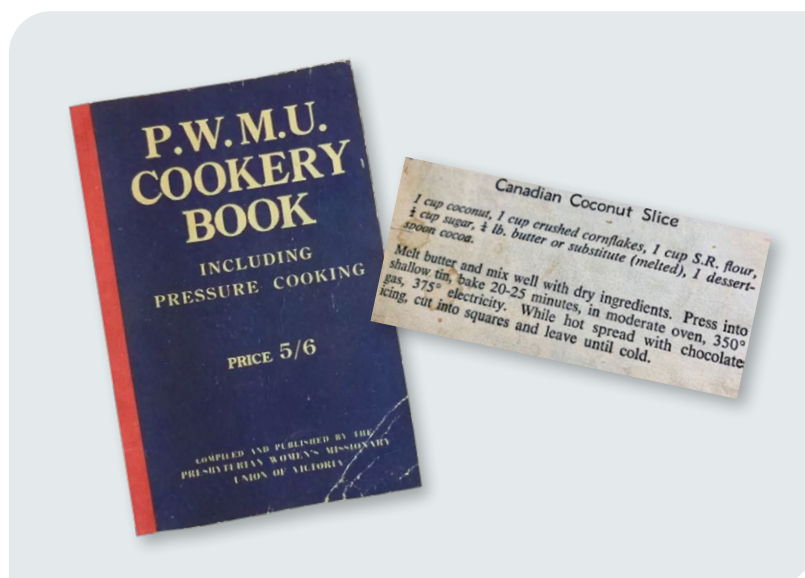
## Ingredients

- 1 cup desiccated coconut
- 1 cup crushed cornflakes
- 1 cup self-raising flour
- ½ cup sugar
- 113 grams butter or substitute (melted)
- 1 dessert spoon cocoa

## Method

1. Melt butter and mix well with dry ingredients.
2. Press into shallow tin.
3. Bake 20-25 minutes, in moderate (180°C) oven.
4. While hot spread with chocolate icing, cut into squares and leave until cold.

Source: Presbyterian Women's Missionary Union of Victoria cookery book via Elizabeth Meredith



# Elvira's Biscuit Tin



**My biscuit tin is from a set of three and it's beautiful with the ducks on it. It reminds me of nature and life.**

I am Italian and grew up in Argentina. As a child in Italy, everyone in the village made their own biscuits for festivities or family parties. When I was a mother of four, I used to make lasagne, cannelloni, soups and schnitzels quite frequently as I didn't have too much time for sweets.

The main type of biscuit I used to make was a coconut one as it was quick and easy for the six of us. It only consisted of three ingredients – coconut, condensed milk and a lot of love! And the children loved my biscuits! I don't cook much these days, but I do have a sweet tooth and never miss sharing a delicious biscuit with my grandchildren.

**HISTORIAN**  
**LANGUAGE TEACHER**  
**CULTURAL AMBASSADOR**  
**VICE PRESIDENT**  
**MOTHER**  
**GRANDMOTHER**



## How is respect shown to you?

My family and friends respect me and love me dearly, but sometimes some members of the family are cheeky and can't help but make fun of my accent and how I pronounce some words in English, though always in a light, good-humoured way so we all laugh together.

My family loves me and accepts me as I am. They show me their love by regularly checking in on me, talking over the phone, sharing time together over a weekly meal and talking about what has been going on in our lives.

Whenever I need anything, they are there for me. We are affectionate and, as part of our culture, each time we see each other we kiss, hug and cuddle. The love and company of every one of them is a true blessing that brightens up my life!





# Coconut Biscuits

Delicious and simple

## Ingredients

1 cup sugar or condensed milk  
3 cups of desiccated coconut  
2 eggs

## Method

1. Pre-heat oven to 180°C.
2. Grease baking tray.
3. Place coconut and sugar into a mixing bowl.
4. Beat the eggs and add to the mixture.
5. Make small balls.
6. Bake for 15 minutes.



# Faye's Biscuit Tin



I have two tins and I haven't decided which one I will use for the photoshoot yet. One is in the shape of an old radio and the other is a carousel and it plays music.

I think I will make savoury cheese biscuits. I'm trialling them. I don't cook a lot for myself. I used to cook for my family – stock standard recipes – no-bake slices rather than biscuits.

## How is respect shown to you?

My silver-grey hair is a dead giveaway for my age. I never have to show my Seniors Card. I have had three weeks out of action with this terrible cough and now I have a sore back. This morning when I drove my grandson to school, he massaged my back. It's random acts of kindness like that that show respect. The bond is there.

A lot of the parents at Mainly Music (a program I volunteer with) tell me I am amazing, and they hope at my age they are as active. Sometimes people will smile at me or signal with their hand to go ahead of me in the queue. Those small acts of kindness are respect.

**MOTHER**  
**GRANDMOTHER**  
**PASTORAL CARER**  
**VOLUNTEER**  
**TEACHER**  
**PEOPLE PERSON**





# Cheddar Cheese Biscuits



## Ingredients

- 1 cup plain flour
- 2 tablespoons self-raising flour
- ½ teaspoon salt
- ¼ teaspoon cayenne
- 125 grams butter
- 2 tablespoons grated parmesan cheese
- 125 grams grated cheddar cheese
- 1 tablespoon lemon juice

## Method

1. Sift dry ingredients into bowl.
2. Rub in butter and grated cheeses.
3. Add lemon juice and mix to a soft dough.
4. Shape mixture into a roll 38cm long.
5. Wrap in greaseproof paper, then in aluminium foil.
6. Refrigerate for at least 3 hours.
7. Cut roll into 5mm slices.
8. Place onto greased oven trays.
9. Bake in moderate (180°C) oven for 15 minutes until light golden brown.
10. Cool on trays.

Source: Faye Comrie via Chris Gosbell.



# Judy's Biscuit Tin



**I made Anzac biscuits. I come from a country background and many of my aunties and uncles were great bakers. They catered for the community events and had pubs and bakeries and were always cooking.**

I love baking from my PWMU Cookery Book. I like to open it – it's grotty and you can see marks on the pages from my past food mishaps. It makes me feel connected to strong women from the past.

When I make the biscuits, if someone walks into the kitchen and they say, "that smells nice" – I feel good even before they eat it. It's not just about the cooking. It's shopping for ingredients, the preparation, the baking and then putting them attractively on a plate.

## How is respect shown to you?

I think respect for age is important. We recently moved into a retirement village, and I found the transition difficult. I have been in good health and don't have a physical disability. We were the first of our peer group to move into a retirement village.

When we first moved in, I saw a lot of people walking around with wheelie walkers and I had a slump, thinking that I am getting old too. I didn't want to identify as someone living in a retirement village. Then I started to get involved with people and activities. There are people here in their 90s who are very articulate, active and full of wisdom. I appreciate this style of living now. No matter what age we are, it works to keep us connected.

**MOTHER  
GRANDMOTHER  
EDUCATOR  
VOLUNTEER  
FACILITATOR  
COORDINATOR**





# Anzac Crispies

## Ingredients

2 cups rolled oats

1 scant cup flour

½ cup sugar

½ cup melted butter

1 tablespoon golden syrup

2 tablespoons boiling water

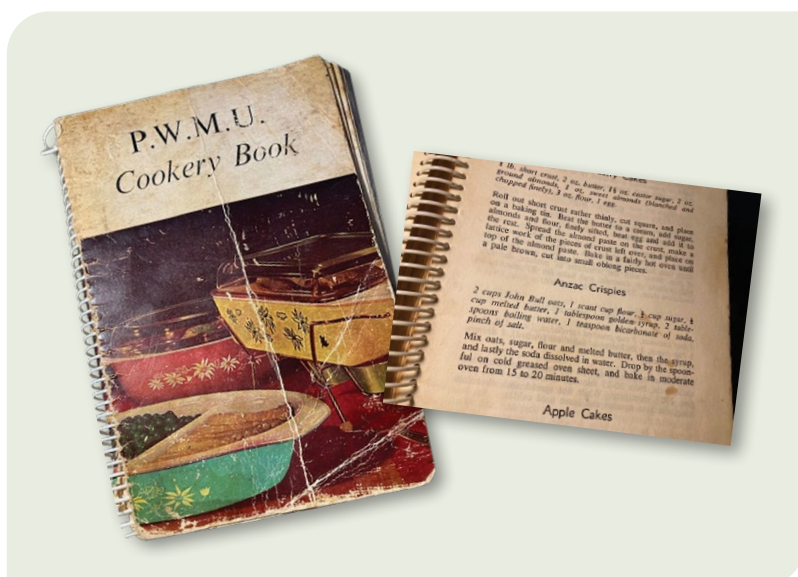
1 teaspoon bicarbonate of soda

Pinch of salt



## Method

1. Mix oats, sugar, flour and melted butter, then the syrup, and lastly the soda dissolved in water.
2. Drop by the spoonful on cold greased oven sheet.
3. Bake in a moderate (180°C) oven for 15-20 minutes.



# Kath's Biscuit Tin



**My biscuit tin was a gift from a friend and was full of her delicious homemade biscuits, so it's special to me because of her.**

This biscuit recipe originally came from my Scottish grandmother who travelled from Lorne to Geelong in 1891 in a horse and buggy to sign the Women's Suffrage Petition for women to vote. My mum rarely made other biscuits when we were young as I grew up on a farm, and looking back I think biscuits were a bit of a luxury. These gingernuts are great for dunking and were cheap to make with butter from the farm, flour and sugar.

## How is respect shown to you?

People show respect for me by the fact that they communicate with me, they listen to me, they show consideration and are thoughtful. They give me time to respond, they share jokes and experiences and if there is a dispute it is usually resolved respectfully by negotiation. We respect each other's perspectives and I value that.

Respect, responsibility and rights are interwoven. I think respect is earned at all stages of life and if you respect others, they will come to respect you. I am a feminist and have a strong belief in equality. I think one of the barriers to equality for older women is that their historical role has been devalued. For the last 30-50 years we have devalued what older women did in the home.

Older women have made valuable contributions to society especially as mothers and grandmothers. My mum had seven kids and did a fairly good job for her times. My family were farmers in the depression – we didn't have the same opportunities unless we battled for them. I'm not complaining though as my life experience has helped shape me to become the strong resilient woman I am today.

**MOTHER**  
**GRANDMOTHER**  
**NURSE**  
**AUNT/GREAT AUNT**  
**FRIEND/NEIGHBOUR**  
**VOLUNTEER**  
**PIONEER**  
**SURVIVOR**





# Gingernut Biscuits (Scottish)

Makes 16 hard, dunkable biscuits



## Ingredients

- 100 grams self-raising flour
- 1 teaspoon bicarbonate of soda
- 2 teaspoons ground ginger
- 40 grams caster sugar
- 50 grams melted butter or vegan margarine
- 2 tablespoons golden syrup

## Method

1. Pre-heat oven to 180°C.
2. Line a couple of trays with non-stick baking paper.
3. Sieve the flour, bicarbonate of soda and ginger into a big bowl and then stir in the sugar.
4. Mix the golden syrup and melted butter into the dry ingredients until the mixture comes together to form a soft dough. Put in fridge for about one hour.
5. Cut the dough in half and cut each half into eight portions.
6. Roll each portion into a ball and place well-spaced out on the trays, then just gently flatten slightly with your thumb.
7. Bake for 10-12 minutes until golden and they get that cracked texture on top.
8. Leave to firm up on the trays for 10 minutes, then dunk away with friends!

**Notes:** Might need to turn oven down to 150°C after 6-8 minutes. Can make a bit smaller or flatten out more before cooking. Can sandwich together with icing or jam, especially if overcooked.

Source: Kath Jones from Annie Fraser Robertson



# KRin's Biscuit Tin



I wasn't brought up in a cooking household. I have one recipe from my mother, and it is for burnt butter biscuits. I used to make pikelets. My mother was a dress maker. I grew up learning to sew, rather than cook.

## How is respect shown to you?

I don't really see disrespect for older women. I am in an interesting situation because I am a larger lady. I have seen more size discrimination than age discrimination. Now that I have a walking frame, people give up their seats on trains. They are better at responding if there is a visual cue for disability. Otherwise, people don't notice.

I haven't noticed disrespect for older women, but I haven't been out in society much since the COVID-19 pandemic. I have long COVID, so I don't do much outside the house. One thing I have noticed is access issues – physical access is difficult in some places.

I was talking to a friend today and for her getting older made her feel like she was disappearing in some ways – like she no longer mattered.

**JEWELLERY MAKER**

**SEWER**

**REPAIRER**

**VISUAL MERCHANDISER**

**VOLUNTEER**

**DECLUTTERER**





# Burnt Butter Biscuits

## Ingredients

250 grams butter

250 grams sugar

1 egg

Pinch salt

250 grams self-raising flour

## Method

1. Brown (burn) butter in a saucepan, add sugar and allow to cool.
2. Beat in egg and salt, add flour.
3. Place teaspoonfuls on greased tray – well apart (they spread a lot!)
4. Cook for 10-15 minutes in a moderate (180°C) oven.



# Scarlett's

## Biscuit Tin



The biscuits I am bringing are ones that remind me of my childhood. They are called gems, and they were very popular in Singapore. They are like a shortbread, topped with colourful icing sugar like kisses. They bring back wonderful memories. When we did our homework or made our beds, we would be rewarded with a handful of gems by our mother.

I have family – a husband, a daughter, a son and one grandchild. I don't make gems for them now – I buy them from the Asian grocery. My children love them.

**TEACHER**  
**PATCH-WORKER**  
**VOLUNTEER**  
**MOTHER**  
**GRANDMOTHER**

### How is respect shown to you?

I am of Asian descent and respect for older people is very important. In our culture we address family members by their family status or their relationship in the family. To my niece I am Yi-ma – that means her mother is my younger sister. To my granddaughter I am Nai Na – that says I am her paternal grandmother. These words are about who we are in our families and they are also about respect.

Within the family I am glad to say my opinions are still sought. My children still listen to what I say. I am still valued. I can give my children my pearls of wisdom. They may listen or not, but most importantly they ask me what I think.

In our culture, young people serve their elders food or drink with both their hands. They use two hands to receive something, like a gift. It shows great respect. You are not snatching something from your elders. We are bought up this way to show respect. Respect should never be forgotten.





# Iced Gem Biscuits

Makes 40 to 50 biscuits

## Ingredients

### BISCUIT BASE

60 grams butter  
30 grams caster sugar  
1 egg yolk  
100 grams plain flour  
½ teaspoon baking powder  
½ teaspoon salt

### ROYAL ICING

1 beetroot, peeled  
and roughly chopped  
1 tablespoon lemon juice  
3-5 pandan leaves  
2 egg whites  
450 grams icing sugar



Image from Jun  
and Tonic website,  
[junandtonic.com](http://junandtonic.com)

## Method (Biscuit Base)

1. Whisk the butter and sugar until it turns fluffy and lightens in colour. This should take 1-2 minutes of mixing.
2. Add in the egg yolk and give it a quick whisk until it's well-mixed.
3. Then add in the flour, baking powder and salt, then fold it in until a smooth dough forms.
4. Heat your oven to 170°C.
5. Roll the dough out until it's about 5 millimetres thick, then using a 2 centimetre ring mould, stamp out little discs of dough and place them onto a lined baking tray. If you don't have ring moulds, you can weigh out four-gram portions of dough, roll them into little balls and lightly pinch them so they flatten out.
6. Bake them in the oven for 12-16 minutes, until they turn a nice shade of golden brown.
7. When they're done, take them out and let them cool to room temperature.

Source: [junandtonic.com](http://junandtonic.com) via Scarlett Cheng.  
For details about the icing, visit the website.



# Sharon's Biscuit Tin



**The biscuit tin has irises on the outside. It was a gift from a girlfriend of mine who also loves irises. I love to plant the bulbs and see them bloom. The biscuits will be Anzac biscuits.**

My girlfriend surprised me by bringing me homemade gluten-free Anzac biscuits. They were wonderful. I used to eat Anzac biscuits when I was a child. My grandparents always had something nice to eat when I came in from school and often it was Anzac biscuits. Discovering that I was coeliac meant I had to forego past pleasures. Now I can eat them again because my friend made gluten-free ones.

**ADVOCATE  
ACTIVIST  
MOTHER  
FRIEND  
GARDENER**

## How is respect shown to you?

I feel respected by people living in the community when I see them up the street if I'm shopping or sitting having a coffee. They know I have knowledge from being a Councillor.

I have been in the same home for 43 years and I have a great neighbourhood. We have functions with three of the nearby local streets – for Christmas or just parties. We enjoy friendships built over a few years. If you pick up the phone or send an email you know people are there. Mutual respect makes a better community.

The fact that my neighbours involve and include me is respect. I take comfort from that. My neighbours were at my daughter's funeral service when she passed away. Many of the past and present staff and Whitehorse Councillors also attended to celebrate her life. I was touched by the support and respect.





# Anzac Biscuits

(Gluten-free)

## Ingredients

- 250 grams gluten-free flour
- 125 grams rolled oats
- 180 grams brown sugar
- 50 grams desiccated coconut
- 125 grams salted butter
- 100 grams golden syrup
- 1 tablespoon water
- ½ teaspoon baking soda

## Method

1. Heat the oven to 160°C and line 2-3 baking trays with baking paper.
2. Sift the flour into a large bowl. Add the rolled oats, brown sugar and coconut, and stir to combine, breaking up any lumps of brown sugar with the back of a spoon.
3. Put the butter, golden syrup and water into a small saucepan and heat over a medium heat, stirring occasionally, until the butter is melted. Remove from the heat, whisk in the baking soda until dissolved – the mixture will bubble and foam up.
4. Add the wet ingredients to the dry ingredients and stir until combined.
5. Roll one tablespoon of the dough at a time into balls, and place at least 5 centimetres apart on the baking trays. For smaller cookies, use a heaped teaspoonful of dough instead. Flatten the balls slightly with a fork.
6. Bake for 10-14 minutes.
7. Remove from the oven and leave to cool slightly on the trays before transferring to a wire rack to cool. If you like extra crunchy biscuits, you can let them cool completely on the trays. Store in an airtight container.



# Yvonne's Biscuit Tin



**The biscuits I have are Nankhatai.  
They are Indian biscuits, like shortbread.**

I grew up in an environment in which we valued the teachings and practices of our own religion and those of our neighbours. At Christmas we did not exchange gifts but as a family we made a variety of sweets which we could share with our friends and neighbours. The children in our building would take it in turns to help make these festive sweets in each other's homes. I have very fond memories of these times. One of these treats was the Nankhatai biscuits.

## How is respect shown to you?

My children have always been very respectful, loving and supportive of me and of each other. When my husband died, they were especially good to me. They helped and supported me in innumerable ways until they were sure that I was able to better cope with my grief.

Recently I had an operation. During my hospitalisation they ensured that I was never alone even though they all work long hours and have young families. Since my return home, they are still providing me with meals or taking me out for meals and helping in several other ways. They organise family holidays so that all the grandchildren can spend time together. I am always included, and I am chauffeured to and from.

People in the community have also shown me considerable respect. On several occasions I have been helped or have had offers of help by young women and men in the supermarket car park. As recently as last week, as I was wheeling my bin out, a stranger who was walking past came quickly over to me and wheeled the bin out for me.

**WIFE  
MOTHER  
GRANDMOTHER  
TEACHER  
ACTIVIST  
VOLUNTEER**





# Nankhatai

## (Indian Shortbread Biscuits)

**Makes 3 dozen biscuits**

*Nan* derived from the Persian word meaning bread and *khatai* meaning biscuit.

### Ingredients

200 grams maida (finely ground wheat flour)

50 grams besan/chickpea flour

50 grams sooji/semolina

1 teaspoon baking powder

200 grams powdered sugar

200 millilitres ghee

1 teaspoon cardamom powder

Pistachios



### Method

1. Pre-heat oven to 160°C.
2. In a bowl add powdered sugar, ghee and cardamom powder.
3. With a whisk cream them together.
4. Add the maida, besan, sooji and baking powder and mix to form a thick crumbly dough.
5. Take a small portion of it, roll it into a ball and arrange on a greased baking tray.
6. Add some chopped pistachios on top.
7. Bake for 15-20 minutes until the bottom is slightly golden.
8. Remove from oven and allow it to cool on tray for 10 minutes.
9. Gently remove the cookies from the tray and cool completely on a wire rack.
10. Store in an airtight jar.



# Thank you

Our sincere thanks to Anne, Dilnaz, Eleanor, Elizabeth, Elvira, Faye, Judy, Kath, KRin, Scarlett, Sharon and Yvonne for participating in The Biscuit Tin project (Whitehorse).

Our gratitude to the amazing Dr Catherine Barrett, CEO, Celebrate Ageing Ltd for developing The Biscuit Tin project.

We also thank all the amazing older women in our families and our communities – without who “this country would grind to a halt”.

Thank you to Chris Franklin for the portraits.

## The Biscuit Tin

Recipes for Respect is part of #TheBiscuitTin project, an initiative of Celebrate Ageing Ltd and The Older Women's Network NSW. More information at: <https://www.celebrateageing.com/biscuittin.html>

## Disclaimer

The recipes shared here are provided by the project participants. They have not been tested by Whitehorse City Council and we cannot guarantee the results. Recipe images are for decorative purposes only.

## Feedback

We'd love your feedback about Recipes for Respect. Please complete a short survey by scanning the QR code or visiting [www.whitehorse.vic.gov.au/the-biscuit-tin](http://www.whitehorse.vic.gov.au/the-biscuit-tin)



## Acknowledgement of Country

Whitehorse City Council acknowledges the Wurundjeri Woi-wurrung people of the Kulin Nation as the Traditional Owners of the land. We pay our respects to their Elders past, present and emerging.

## Whitehorse Welcomes Everyone

Whitehorse is a community of diverse cultures, languages, beliefs, lifestyles, identities, interests, and aspirations. Whitehorse City Council is proud of this diversity and the vibrancy it brings to community life.




## Whitehorse Positive Ageing

 [PositiveAgeing@whitehorse.vic.gov.au](mailto:PositiveAgeing@whitehorse.vic.gov.au)

 9262 6333

## Telephone Interpreter Service

Communicate with Council in a language other than English by calling our Telephone Interpreter service and request to be connected to Whitehorse City Council.


 TIS – 131 450

## National Relay Service

If you are deaf or have a hearing or speech impairment, you can call Council through the National Relay Service:

 Voice calls: **133 677**

 Speak and listen: **1300 555 727**

 SMS relay: **0423 677 767**

 Internet relay: [www.accesshub.gov.au](http://www.accesshub.gov.au)

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**POSITIVE  
AGEING**