



2019 春季號



通告

我們感謝各定期捐助者的支持。2018-2019財政年度的收據將於4月底寄發，祈請垂注。

惜食堂 八週年誌慶

惜食堂的創立，由一輯照片開始。我們創辦人偶然看見一輯由朋友所拍攝的照片，照片上的主人翁是一個個滿頭銀髮的公公婆婆，艱辛地推著一車厚疊疊的紙皮，在名店林立的中環穿梭往來，他們為的是賺取微薄的收入，維持生計，在這個貧窮與富裕的強烈對比下而深受觸動，決心運用回收食物，製作熱飯餐，免費送給這群長者，以舒緩他們的生活苦況。惜食堂於2011年成立，初期是透過合作伙伴的社區廚房，生產20個熱飯餐。到了2019年，有著各贊助機構、食物捐贈機構、企業天使、慈善機構伙伴、以及義工朋友的幫助下，透過現時兩個中央廚房和惜食分餉站每天合力製作出8,000個熱飯餐及1,000份食物包，免費送予有需要人士果腹。惜食堂在這八年間不斷改進、變革，唯獨當年的一顆初心從沒改變。

蔬菜處理 全賴有你

有一句經典電影對白是如此說的：「只要有心，人人都可以係食神」。的確，就算你不是鼎爺、肥媽，甚至完全不諳廚藝，只要你有心，願意參與處理回收得來的食材這個重要的前序步驟，讓有需要的人得以享受你有份參與製作的愛心飯餐 - 你也是食神。

這個重要步驟出現在「惜食分餉站」，即是惜食堂的中央食物處理中心。這裡義工們的神聖使命就是「處理」及「篩選」惜食堂每天從不同地方回收得來的蔬菜及食物，這可不是自動化機器可以取代的重要步驟。遇上質量上好的蔬菜，我們感恩有你的用心，或刀切、或手撕，將其變成適合長者進食的規格；遇上因回收得來難免有瑕疵的蔬菜時，我們更感恩有你的加倍用心，將其修整，把不合適的部份盡皆去除，挽救了那食材之餘，還投放了一份讓受惠者們安心食用的信心及關懷進去，這份關愛比甚麼食材都來得珍貴！

以往曾參加過惜食分餉站義工工作的，衷心感謝你們的用心！我們期待著一眾「食神歸位」，再接再厲，在這個難以取代的重要崗位上與我們一同成就愛心飯餐。亦期待新認識的你，加入我們義工行列成為新一代食神。只要有心，惜食堂的每位員工及有經驗義工們都會不吝嗇地教你如何辨別及處理食材。可以長知識之餘，又可以有所貢獻，快來加入我們吧！



惜食親子體驗團 - 「執到寶」

孩子和長者眼中的寶物，有什麼不同？這個復活節假期，讓孩子透過尋寶遊戲，了解長者生活所需，學習惜食和關愛。

Foodstep Journey Family Tour - Treasure Hunt

What is the difference between treasure in the eyes of an elderly and a child? This Easter holiday, why not take your children on our treasure hunt to learn more about the needs of elderly, cherishing food and caring for the community.

日期Date : 23 - 27 . 4 . 2019
時間Time : 1000 - 1230 / 1430 - 1700





Spring 2019



NOTICE

We would like to thank our regular donors for the continuous support. Please be advised that the annual receipt of financial year 2018-2019 will be sent out in late April.

FOOD ANGEL CELEBRATING OUR 8TH ANNIVERSARY

The establishment of Food Angel was inspired by a series of photographs. By chance, our founder came across some photos taken by a friend, including silver-haired elderly diligently pushing trolleys with stacks of carton boxes along the busy streets of Central—the symbol of affluence in Hong Kong. All this tough work just to earn a few dimes to survive. This stark contrast between poverty and wealth deeply touched our founder's heart, and she was determined to alleviate their hardship in the form of food assistance by rescuing surplus food and turning them into free hot meals. Launched in 2011, Food Angel initially produced 20 free hot meals at a charity partner's community kitchen. Today, with the generous support from our funders, food donors, charity partners and volunteers, 8,000 hot meals and 1,000 food packs are produced from our 2 central kitchens and the Food Station daily. In the past eight years, Food Angel experienced various stages of transformation and growth, and what will remain unchanged is our original aspirations.

EVERYONE COUNTS FOR RAW VEGETABLES PREPARATION

There is a famous saying from the movies: “With full determination and sincerity, everyone can be a ‘Master of Cooking’. Even if you do not have the chef skills of Gordon Ramsay or Jamie Oliver, or know nothing about cooking, you can already be Food Angel’s “Master of Cooking” by helping us prepare vegetables for our hot meal boxes.

The surplus vegetables collected from our various food donors will be transferred and prepared at the Food Station—our Centralized Food Processing Centre. The key goal for Food Station’s volunteers is to sort and process the vegetables, which cannot be replaced by an automated machine. For vegetables that are in good condition, volunteers help resize them into a suitable, edible size for elderly. For vegetables which are not perfect, volunteers will identify and remove the minor flaws in order to fully utilize the invaluable surplus of food. All this hard work definitely pays off by the warmth brought to the beneficiaries, which is more valuable than the hot meal box itself!



We would like to express our deepest gratitude for the generous volunteers at the Food Station, and we look forward to seeing you soon! Also, we are more than happy to welcome new volunteers to join our “Master of Cooking” family! Our staff or experienced volunteers will definitely be willing to share useful tips and knowledge about vegetable handling. Let’s work together to contribute to give our community a helping hand!



惜食親子體驗團 - 「執到寶」

孩子和長者眼中的寶物，有什麼不同？ 這個復活節假期，讓孩子透過尋寶遊戲，了解長者生活所需，學習惜食和關愛。

Foodstep Journey Family Tour - Treasure Hunt
What is the difference between treasure in the eyes of an elderly and a child? This Easter holiday, why not take your children on our treasure hunt to learn more about the needs of elderly, cherishing food and caring for the community.

日期Date: 23 - 27 . 4 . 2019
時間Time: 1000 - 1230 / 1430 - 1700

