



秋季號 2019



# 全城傳愛齊捐食

為期8個星期的「全城傳愛齊捐食」食物收集行動經已圓滿結束。今年惜食堂已經第6年聯同「百佳超級市場」合作，呼籲全港市民身體力行關注弱勢社群。活動期間，只要在全線百佳及旗下超級市場捐出8種指定食物（米、油、粟粉、麵食類、罐頭、燕麥、冬菇及雲耳以及中式湯料），百佳就會幫忙運送至惜食堂。今年活動更擴展網上超級市場，令捐贈食物更方便快捷！

市民所捐贈的產品連同百佳佳之選及家樂牌所配對的產品，今年合共籌集超過77,400件食物！衷心感謝廣大市民的踴躍支持，讓惜食堂製作營養均衡的飯餐，免費提供予社會上有需要人士享用。



## 在晴朗的一天出發

金華是惜食堂物流部其中一位司機，主要負責來往機場及各區回收商戶捐出來的剩食。無論天陰天晴都準時於早上8時出發，由於行程十分緊密，他每天都要與時間競賽，在中午前走訪機場及東涌一帶的食肆收集食物，之後送回廚房處理。

金華跟其他同事一樣，對公司的食物安全指引瞭如指掌，進入機場範圍後，每到一個回收點都熟練地帶同合適的食物容器及穿戴食物安全裝備進入食肆回收食物；金華娓娓道出其中一項食安的法則：「紅箱放生肉、藍箱放熟餸、灰箱放散裝米……」



由於是回收的關係，每天所收的食物數量都不似預期，但金華都會抱著樂觀精神，收得少食物的一天，即是客人吃多了，故食肆沒有太多剩餘食物捐出，是好事；但相反，收得多食物的一天，就可以讓我們廚務部有更多的食物選擇去烹煮飯餐給有需要人士食用，亦是好事。因此，收得多或少，也是好事。

午飯過後，金華再次起程遊走沙田區各個食物收集點。一個下午轉眼就過去，途中還加插了一個突發回收，要前往荃灣街市回收凍肉。

曾經問過金華工作辛苦嗎？外表粗獷但帶點傻氣的金華，總是眼睛眯成一線，含蓄地笑著搖一搖頭說道：「一點也不辛苦，現在工作很有意義！看到老友記吃得開心，我也開心！」那怕面對狂風暴雨，回收食物工作如何艱巨，但拯救到食物，心中也是晴朗的一天！

## 「速凍飯餐關懷計劃」

### 增設粥品項目

「速凍飯餐食物關懷計劃」投入服務後，速凍湯水深受服務使用者歡迎，因為真材實料，而且沒有添加任何味精。惜食堂為增加食物種類的多樣性，今年十月份將推出全新食物製品－速凍粥品。粥品經過速凍處理後，能保存食物營養、味道及品質。放在雪櫃最長可存放四天，服務使用者可以因應自己的用餐時間，自行加熱食物，既方便又靈活。速凍粥品營養十足，容易消化，對佩戴假牙或消化功能不太好的長者尤其有益。

在正式推出粥餐之前，特意邀請了多名老友記擔任試粥專員，對我們所烹煮的粥品味道、稀杰程度作出品評，讓我們更能掌握老友記的口味。其中一名試粥專員－92歲獨居的琴婆婆，有超過90年吃粥的經驗，由於年紀老邁，牙肉開始萎縮，每頓飯都要花上數分鐘才能咀嚼及吞嚥一件小肉，故她十分喜愛吃粥。琴婆婆今次試食粟米紅蘿蔔魚蓉粥，一臉滿足的表示：「很鮮甜、粥底很綿，很美味！」不消一會已吃掉這碗粥呢！

惜食堂將推出各式速凍粥品，包括：柴魚花生粥、冬菇瘦肉粥、南瓜粥、蕃薯粥等等，同時亦會因應回收到的食材烹製不同口味的粥品。



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惜食堂期望透過速凍粥品，讓每位服務使用者得到營養之餘，同時感受溫暖。

## 「義工在一起2019」活動

義工對惜食堂來說是不可或缺的部份，每天有超過200位義工朋友在惜食堂不同單位服務，才讓我們得以順利地完成該天的工作。為答謝義工們過去一年的熱心服務，我們於9月初舉辦了一個既熱鬧又溫馨的「義工在一起」義工感謝日。其實，每一位義工對惜食堂都十分重要，我們很希望邀請到所有義工參與，但場地空間有限，今次只能邀請過去一年在惜食堂11個單位累積有一定服務時間的義工出席，如未能參加今次活動的義工請多多包涵。

當天出席的朋友都收到一張設計精美的心意咭，咭背的題字是由老友記光伯伯親筆書寫。感謝日除了頒發獎狀予個別單位最高服務時數的義工外，亦透過不同的分享，使大家了解惜食堂的最新發展動向。由6歲至12歲小朋友組成的惜食堂小提琴樂團，即場為大家表演多首優美的樂曲以答謝對義工們無私的付出。此外，透過參加不同的環保工作坊(包括柚子皮防蚊液、咖啡渣磨砂膏、豆腐渣燒賣及自家製肉鬆飯團)，可讓義工們賦予剩食第二生命。最後大家以廚師團隊巧手製作的美味小吃作為活動的終結。

### 「讓施與受 同享豐盛生命」

我們很感激能與各位義工朋友共渡了一個難忘的上午，期待不久的將來可與大家在不同單位再次見面。





Autumn 2019



## CITY FOOD DRIVE 2019

The “City Food Drive” Food Collection Programme which spanned over eight weeks has finally come to an end. This is the sixth year that Food Angel has collaborated with PARKnSHOP on the programme to raise awareness, and to encourage the public to care for the underprivileged through providing food assistance. During the campaign period, the public can donate food items from eight designated categories (including rice, oil, cornstarch, noodles, canned food, oatmeal, mushroom & black fungus and Chinese soup ingredients) to any PARKnSHOP retail stores. The stores then gather and deliver the collected food items to Food Angel. The campaign had extended to the PARKnSHOP online store this year, making it even more convenient for the shoppers to donate online as well!

Combining the food donated from the public with the matching donation from SELECT and Knorr brands, we have received over 77,400 food items from the “City Food Drive” this year! We would like to express our deepest gratitude to everybody’s enthusiastic support and food donation, which will be turned into free meals for the needy in our community.



# A Day With Our Logistic Team

Kam Wah is member of Food Angel logistics team, and his main duty is to collect surplus food. His typical hectic day begins at 8am, rain or shine, as his itinerary is often packed. It is a daily race against time for him to collect surplus food from the airport and Tung Chung area before noon, and deliver them efficiently to the kitchens for further handling.

Like his teammates, Kam Wah knows the food safety regulations by heart, which enables him to swiftly enter various locations at the airport territory, and follow the required procedures on wearing the appropriate protective gears and using the specific containers at different venues. When handling the collection boxes, he would chant the rules like a song 'Red for raw, blue for cooked, gray for rice...'

The food supply is in fact unstable due to its nature of being rescued each day. Although the quantity collected is often lower than expected, Kam Wah faces the uncertainty with positivity, as less food collected would mean less waste from the restaurants, which is essentially a good thing. Yet on the other hand, more food rescued means more ingredients for our kitchens to prepare into free meals for the needy. Either way is fine for Kam Wah.

After lunch, he continues his food collection journey in Sha Tin area. Time passes by quickly, yet his route is interrupted by an ad hoc frozen meat donation to be collected at a wet market in Tsuen Wan. When asked if the job is tough, shredding his usual roughness and putting on a silly grin, Kam Wah shrugs and says 'It is not tough at all as it is a meaningful job! I'm happy to see the elderly enjoying our meals!' To Kam Wah, it is always a wonderful day to be able to rescue food to serve those in need.



## COOK CHILL PROGRAMME'

Launching of cook-chill congee

The Cook-chill soups have been very popular since Food Angel launched the 'Cook-chill Food Care Programme', as they are MSG-free yet rich-flavored with essence from various ingredients. To provide a larger variety of food products, cook-chill congee will be launched in October this year. After the congee is chilled, the nutrients, flavors and quality are well preserved. They can be stored up to 4 days in the fridge, and our service-users can reheat the congee according to their desirable mealtime, which is more convenient and flexible for their consumption. The cook-chill congee is digestible and nutritious, and is especially consumable by elderly who wear dentures or have digestive problems.

Before the launching of the congee, we invited our elderly to taste the new product to obtain feedback on the taste and texture to better understand our elderly's dietary needs and preference. Among them is 92 year-old Grandma Kam who lives alone. She has 90 years of experience on consuming congee. Her gums have receded due to old age, and it normally takes a few minutes for her to chew a tiny piece of meat, thus she prefers to eat congee. The product on trial this time is congee with corn, carrots and minced fish. Our expert consumed it quickly and was satisfied with the product, and commented it to be 'Fresh, silky and tasty!'

The cook-chill congee will be offered in different flavors, such as mushroom with pork, pumpkin and sweet potato. New flavors will also be created with other suitable food types that we are able to rescue.



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**Food Angel hopes that through the warmth of our new product, we can nourish both stomachs and hearts of our service-users.**

# ‘Happy Together 2019’

## VOLUNTEER APPRECIATION EVENT

Volunteers are essential to the operation of Food Angel. Our daily operation is sustained and supported by 200 pairs of helping hands from our volunteers at various locations. To express our deep gratitude to our regular volunteers for their assistance over the past year, a cozy event ‘Happy together 2019’ was organized on 7th Sept to show our appreciation. In fact, all our volunteers are equally important to us. However, due to the limited capacity of our community centre, we unfortunately could only invite volunteers with certain accumulated service hours at our 11 locations in the past year to join the event. We are truly sorry we could not welcome all to the event.

**Together we can  
‘Let lives be enriched  
through giving and  
receiving’.**

Each of the attendees received a thank you card with our vision imprinted, which is a calligraphy done by our beneficiary Uncle Kwong. Through sharing sessions from our staff, we were able to share our latest developments with our volunteers. In addition to certificates presented to the volunteers with the top service hours at each venue, our children from the Food Angel Community Centre violin ensemble, age ranging from 6 to 12, also performed a few songs to show their gratitude to our guests. At the DIY workshops, we shared with our guests on methods to give a second chance to food otherwise would be wasted (e.g. pomelo peels, tofu dregs, coffee ground and soup meat). The event was concluded with some delicious snacks prepared by our chefs as the finale.

