

電子通訊



義工在一起2022

惜食堂為了答謝義工們無私的付出，隔年都會舉行一個名為「義工在一起」的活動。

今年8月活動在社區中心舉行，邀請了疫情下對惜食堂及服務使用者不離不棄的義工，還有惜食堂各處所的代表及老友記(服務使用者)一同參與。

活動上大家分享了義工工作的點滴，說到感動處及聽著老友記以歌聲回饋義工時，有人眼眶泛紅、有人報以熱烈掌聲鼓勵。這3年的疫情，或許改變了大家的生活，但不變的仍是大家那份熱情與初心。

今年活動的主題是「人生百味」，疫情下縱有甜、酸、苦、辣，但惜食堂總不缺的就是人情味！他們不問回報，努力地在各處所為服務使用者製作飯餐。現時，惜食堂每天製作逾17,000份飯餐及食物包，免費派發給有食物援助需要的人士。



餐數背後，我們還有一群來自不同範疇，擁有不同技能的義工，有的為長者提供身心靈照顧、有的為長者上門送飯及家居維修、有的為惜食堂的工作提供協助及專業諮詢等等。

惜食堂有數不清的人和事在發生，當中有不少事是因為義工無私地付出了時間、精力與汗水，才能完成。感激以外，惜食堂感恩能與您們(義工)在一起。



惜食堂的無聲英雄



「我喜歡這份工作！同事間不分彼此，我覺得很有團隊精神又可以幫到有需要的人。」在惜食堂的惜食分餉站工作了六年的阿陳，是聽障人士，雖然他不能用言語來表達，但都笑容可掬地用手語來告知我們他在惜食堂的工作感受。

每天早上，阿陳會較其他員工早半小時回到「惜食分餉站」，處理司機前一個晚上從街市和超級市場收到的蔬菜。他日常的工作就是操作「腳車」將約1,600公斤的瓜菜從雪房中拉出來，待其他同事及義工到來後，一起篩選出仍可食用的瓜菜用於飯餐之中。過程中，阿陳雖然「講不出聲」，但口罩下的他總是笑容滿臉，運用手語跟同事及義工溝通及說笑……

曉玲，是阿陳的上司，她最初認識阿陳時，要花上一段時間溝通才能了解對方所表達的意思。疫情期間人人都要戴口罩，對聽障人士來說，口罩阻礙他們讀唇，阿陳亦不例外，日常工作很容易產生誤會，因此都會用文字表達彼此意思。曉玲也嘗試代入阿陳的角色，去了解聽障人士的需要，原來很簡單，就是一份尊重，對待他們如常人，要一視同仁，不需要有任何特別的優待。現時，阿陳已融入惜食堂這個大家庭，曉玲更大讚阿陳是一個很聰明又十分細心的員工，所有人都能感受到他的正能量。

阿陳一直在「惜食分餉站」默默地工作，盡施其所長，每天為惜食堂膳食中的瓜菜而努力準備，他是我們的惜食英雄！



特別鳴謝中銀香港由2016年起與惜食堂合作設立中央食物處理中心 -- 「惜食分餉站」，支持興建費用及營運經費，當中更包括在職訓練 - 向弱勢社群提供就業機會，讓他們投入社會工作，增加社會資源。



彈性自助取餐 傳遞好滋味

當走到觀塘雲漢街上，抬頭看到的都是一棟棟舊式大廈，短短的一條街，住滿了不少劏房家庭，有老有嫩，有著許多「香港故事」。

由香港交易所慈善基金全力支持的「自助惜食站」主要服務觀塘區有需要居民，當中，69歲的陳婆婆，居於一間約一百呎的劏房中，放置了一張單人床後，也沒有多餘空間讓陳婆婆活動，社工嘗試入內家訪，但亦「無處容身」；但陳婆婆對於自己能有一個睡覺及生活的地方已經很開心及滿足。現時成為了「自助惜食站」的服務使用者後，每天到店內領取熱餐及熱湯，解決了她在狹窄地方煮食的一大難題之餘，更可以將節省到的金錢補貼在生活上。

飽歷生活坎坷之苦的陳婆婆，每當在她的小天地裡吃著從「自助惜食站」領取的飯餐時，都顯露她一啖飯一滿足的神情，一盒飯帶給了陳婆婆一份溫暖。另一服務使用者 - 小芳，住在雲漢街的唐8樓，這位「大力士媽媽」每天一手拖著兩歲的兒子，一手拿起嬰兒車，同時揹著幾袋罐頭食物及日用品，徐徐拾級而上回家。樂觀開朗的她表示物資雖重，但大大減輕了生活的負擔，慶幸現在有惜食堂的食物援助，為兒女提供有營養的食物，讓他們可以更健康地成長。

「自助惜食站」以24小時開放的「自助模式」概念，設置不同的食物提取機，提供的食物種類包括：熱餐、熱湯、凍餛飩、生鮮蔬菜及乾糧食物，滿足不同類別人士的膳食需要，每一份食物都滿載一份關愛，希望這份溫飽能夠成為我們窩心的祝福。



「全城傳愛齊捐食2022」

成績破歷年紀錄



百佳 | 50周年 50th Anniversary | FOOD ANGEL 惜食堂
 by So Charity Foundation

惜食同行10載 全城傳愛齊捐食

再次打破 歷年活動紀錄 食物及善款總值超過 港幣二百萬

助惜食堂製作近 180,000個 愛心飯餐

多謝 大家支持!

今年是惜食堂與百佳第十度合辦「全城傳愛齊捐食」，活動第一階段已經圓滿結束，成功籌得超過5萬件食材、食物及善款總值超過200萬港元，創下歷年成績之冠！衷心感謝百佳全力支持，亦有賴各位市民的踴躍「捐食」，所得的食材及善款可以協助我們製作超過16萬份愛心膳食及2萬5千份食物包，為有需要的老友記和家庭送上溫飽。

「全城傳愛齊捐食」第二階段

即日起至10月20日期間，顧客只需於百佳及旗下品牌全港二百多間門市內購買任家樂牌產品，家樂牌會將1%收益捐予惜食堂，百佳亦會捐出相同款項，籌得善款將用作支持惜食堂日常運送熱飯餐的開支；另外於指定期間，市民可透過於50間指定百佳店內的「智賞捐」捐贈食物機捐贈食物，每捐1公斤，家樂牌亦會多捐1公斤家樂牌鷹粟粉予惜食堂，協助製作飯餐。請大家多多支持！

食物回收呼籲

疫情下有不少市民遇到失業或開工不足等困難，惜食堂的膳食成為他們重要的支援。第五波疫情至今已超過一萬個家庭向我們申請食物援助，我們的食物需求量直線上升，但疫情下餐飲業經營困難，很多食肆面臨結業的危機，酒樓、酒店宴會亦驟減，令食物回收量大跌，惜食堂需要動用額外資金購買食材以保持膳食的供應量。

惜食堂謹此向各界人士作出呼籲，如認識一些渠道或可直接捐出仍可食用的剩食，可致電2801 5333與本會職員聯絡。

誠邀大家與惜食堂一同攜手實踐「停止浪費·解決飢餓·以愛相連」的使命！

E-Newsletter



Happy Together 2022

To show gratitude and appreciation to volunteers for their unconditional support, Food Angel cordially invites volunteers to join a gratitude-sharing session named "Happy Together".

It was held at the community centre on August, we invited volunteers who have given unwavering support all along, representatives from Food Angel's sites and elderly (service users) to join us.



During the session, we shared the journey of volunteer work, when we talked about the touching moments and listened to the elderly thank volunteers in song, some people's eyes were red and others gave a warm applause. The epidemic may have changed our lives in the past 3 years, but what remains unchanged is our passion and original intention.

The theme of the year is "The Taste of Life", and even though there is sweetness, sourness, bitterness and spiciness during the epidemic, blessing and love are always at Food Angel. The kind blessing relies on volunteers who constantly work hard to prepare meals for the service users at various sites without asking for any reward. Currently, we make over 17,000 meals and food packs daily for free distribution to those in need of food assistance.



Behind the meals, we also have a group of volunteers with different skills, some providing spiritual care for the elderly; some delivering meals to the elderly and home maintenance; some providing assistance and professional advice for the work of Food Angel, etc.

There are countless people and fairs happening in Food Angel, many of which are only possible because of the time, energy and sweat volunteers have selflessly given. We are thankful for and happy together with you (volunteers).



FOOD ANGEL'S SILENT HERO



'I love my job! Team spirit is great, and I feel great helping people in need.' Ah Chan smiled and signalled in Sign Language, a hearing impaired 6-year employee at Food Angel.

Ah Chan arrives at Food Station half an hour before his teammates to handle vegetables collected from the wet markets and supermarkets that arrived the night before. One of his duties is to pull out the 1,600kg of vegetables from the fridge for other staff and volunteers to sort and process. While working, Ah Chan always keeps a smile under his mask and uses simple gestures with colleagues to communicate with them.

Ah Chan's supervisor Hiu Ling says it took some time and effort to learn to communicate with Ah Chan. The pandemic made it more challenging, as lip-reading is hindered by masks, and that sometimes led to misunderstanding. Hiu Ling puts herself in his shoes and understands that individuals with hearing impairment simply want to be treated equally and with respect. She appreciates that Ah Chan is not only smart and detail-oriented but also carries a positive energy that often brightens up the workplace.

Ah Chan works diligently every day to prepare the vegetables at the Food Station, and he's a true silent hero of Food Angel.



Bank of China (Hong Kong), who sponsored the set-up of our Vegetable Processing Centre -Food Station. They further supported our ongoing operating expenses, which includes providing training on the job for underprivileged employees.



Enjoy Meals at Ease

Along Wan Hon Street is a packed row of old tenant buildings, and crammed in the sub-divided flats is a mixture of young and elder residents, each living out their unique 'Hong Kong story'.

The Self-Serve Food Hub supported by the HKEX Foundation mainly serves the Kwuntong community; among them is Grandma Chan, aged 69, who resides in a 100sqf sub-divided flat. The tiny flat has enough space only for a single bed, and no room at all for movement, and social workers can only peek from outside during a visit. However, Grandma Chan is grateful for having a place to sleep and call her own. After becoming a member of the Self-Serve Food Hub, she collects free hot meals and soups, which solves the challenge of having to cook meals in her confined home, and allows her to have spare money for necessary items. Having experienced hardship throughout her life,

Grandma Chan now enjoys the meals from the Hub in her little haven, and she is grateful for the care and love they bring.

Siu Fong is another member of the Hub who lives on the 8/F at the tenement building on Wan Hon Street. This mom is no weaker than Hercules for walking up 8 flights of stairs while hauling the baby stroller with her 2 year old son, and carrying a big bag of groceries collected from the Hub to get home each time. Although the backpack is heavy, her heart is light, for she is grateful that the food service has relieved her financial burden, and would provide healthy food needed for her children's growth.

The Self-Serve Food hub is a 24hours concept store which provides different automated dispensers, fulfilling different meal needs through serving hot meals, hot soups, frozen ingredients packs, raw vegetables, and dried food. We hope to share blessings and love through each meal and pack.



Record-breaking amount of food received from **City Food Drive 2022**



百佳 | 50周年 50 Chill 超級市場 | FOOD ANGEL 惜食堂
 惜食同行 10 載 全城傳愛 齊捐食
 再次打破 歷年活動記錄 食物及善款總值超過 港幣二百萬
 助惜食堂製作近 180,000 個 愛心飯餐
 多謝 大家支持!

Food Angel and ParknShop's 10th 'City Food Drive 2022' was a great success, the first phase of the event was a great success. It has raised more than 50,000 pieces of ingredients, food, the donations worth more than \$2 million, setting a record for the year! We are grateful for ParknShop's great support and the public's enthusiastic participation, which enabled us to transform the donation into 160,000 nutritious meals and 25,000 food packs for needy elderly and families.

Second stage of City Food Drive 2022

Entering the second stage of City Food Drive, from now until 20 Oct, select any Knorr products in more than 200 stores of ParknShop and its brand in HK, Knorr and ParknShop will donate 1% profit for Food Angel to support the daily delivery cost of hot meals. In addition, during this period the public can donate food through our Smart Food Donation Machine in 50 ParknShop stores. For every 1kg of food successfully donated, Knorr will also donate an additional 1kg to Food Angel. Please stop and shop to support us!

Call for Food Donation

The prolonged pandemic has led to unemployment and underemployment, and Food Angel hopes to provide assistance to the needy with our cook-chill meals and food packs. Since the beginning of COVID-19, we have over 15,000 members registered, and the meal assistance need is on the rise. However, with the closure of many food businesses and cancellation of banquets and events, our food donation and collection drop drastically, and we rely on extra fundings to purchase materials needed.

Food Angel calls for food donation to reduce wastage and provide free nutritious meals for the needy communities. For queries on food donation, please reach our team at 2801 5333.