

電子通訊

Newsletter (Autumn 2021)

2021

秋季號

惜食十載·天使同行

今年是惜食堂成立十週年，標誌著機構一個重要的里程碑。為讓市民更了解惜食堂的工作及成立初心，於10月1-6日假銅鑼灣希慎廣場1樓中庭展區舉行「惜食十載·天使同行」攝影展，以相片展示同途十載，支持及幫助惜食堂成長的守護天使。我們希望藉著每位天使的故事啟發參觀者加入惜食行列，成為下一位天使。

惜食十年，經歷不少風雨及考驗，如成立初期，理念不被認同及近年受疫情影響等。每一個難關，有賴同事們的堅持，謹守崗位，及董事局的帶領，更要感謝每一位捐款者、食物捐贈者、義工、慈善機構伙伴等有心人，在十年旅途上一直守護著惜食堂，我們才能走到今天。我們邀請了其中13個具代表性的單位，各人背上天使翅膀拍攝這輯照片。



今次相展的主題構思及拍攝，由著名運動攝影師 - Brian Ching (程詩詠) 為惜食堂義務參與及主理。他不但創意澎湃，在他鏡頭下每一位天使都展現了獨特的形像。

攝影展共分3個區域，除了有相片展覽外，還有讓公眾人士可參與的區域，包括「天使留影區」，公眾可在用罐頭砌成的天使翼及米仔前拍照；還有「心意傳『饑』區」，大會預備心意咭，讓公眾寫下祝福說話，心意咭將會隨飯餐送予有需要長者，讓他們感受飯餐以外的愛。

一個笑容，世界變得更美

惜食堂社區中心於早前舉辦了一個名為《親恩雙月》微笑行動攝影比賽，邀請了我們的服務使用者參加，目的是讓他們拍下家人的笑容，分享喜悅，以笑容帶來正能量。

疫情下，一家人減少外出，多了時間留在家中，生活枯燥之餘，也多了磨擦。小小的一個微笑行動，希望以笑容維繫家人，讓笑容拉近彼此的心。笑容能促進人體腦內細胞，釋放胺多酚，提升幸福感。

是次活動反應理想，社區中心共收到超過130份作品。每幅相片都充滿燦爛笑容，能帶給人們滿滿的喜悅。

在頒獎禮中，得獎家庭分享當中的感受。其中一位得獎家長談及，非常感謝惜食堂舉辦這個活動，讓他們能夠三代同堂齊齊合照，獲獎更是喜出望外。又有家長指自己小朋友本性樂天，常帶笑容，故很喜歡把他的笑容拍下來，每次見到孩子的笑容就會煩惱全消！

大家分享時，現場所有人都能感受到他們很回味及享受活動帶來的滿足感。活動也印證了，在提供飯餐以外，照顧服務使用者的心靈也是非常重要。在停止浪費，解決飢餓的同時，最重要是達致以愛相連。

感謝笑容，連繫人心，讓世界變得更美。



參觀「粒粒皆辛館」後感

以下是一位曾參加過「粒粒皆辛館」家長的感受。

「很久以前已知道惜食堂有派飯餐給長者的服務，有次見到『媽媽谷』介紹惜食堂的『暑期親子精華遊』體驗活動，便立即報名參加。活動內容非常充實又貼地，最欣賞VR、執紙皮及拉起廚餘重量等環節，特別能照顧活潑好動的男生們，讓他們可以『動起來』親身參與。再加上，由做棟篤笑般的導師以既幽默又生動的描述及帶領下，這一個半小時的精華遊實在過得飛快。每個環節的設計都讓小朋友在不知不覺中接收到『珍惜食物』及『關心有需要的人』這兩個重要訊息，真的很有意思，讓我們都覺得不枉此行。環保及關愛弱勢社群的意識必須從小培養，感謝惜食堂的理念及堅持！我必定推介這個『親子精華遊』給其他媽媽，培育更多小朋友懂得惜食及關愛。」



報名「粒粒皆辛館」

日行一膳

WeChat Pay HK與騰訊公益共同策劃「日行一膳」慈善活動，以創新捐贈「公益印花」的模式換算為等額善款，支持我們製作愛心飯餐。一眾騰訊員工更身體力行，參與惜食堂義工服務，協助處理食材，再預備2,183份肉碎蒸蛋熱飯餐以派發給社會上有需要人士。



大家由即日起至12月31日透過 WeChat Pay HK 參與「日行一膳」，於WeChat Pay HK每日完成第一筆消費，就可以獲得一個公益印花，每捐贈10個公益印花可以支持製作一份價值HK\$12的飯餐。開心消費同時做好事！

每當變幻時

社區中心響起了熟悉的音樂，「懷緬過去，常陶醉，一半樂事一半令人留淚……」黃伯以略帶沙啞的嗓音唱起這首老歌，歌聲如泣如訴，讓人感受到歌者正沉醉在昔日情懷之中。一曲完結，黃伯悄然落淚，這一幕，讓本來為這個「懷舊金曲日」落力帶動氣氛的社工姑娘們不知所措。

社工姑娘關切地來到黃伯身邊，聽他娓娓道來一些往事。原來歌曲流行之時，他正值盛年，事業順遂及家庭和諧，日子過得相當愜意。現在來到人生下半場，體弱多病，看著親友逐一離世，讓他倍感孤單，一份唏噓湧上心頭，才會感觸起來。「本以為舉行『懷舊金曲日』可讓老友記們聽歌解悶，沒想到反令你們黯然神傷。」社工姑娘內疚地說。黃伯說：「人生百味，甜酸苦辣當自嚐。若非得到惜食堂的幫助，他的生活也許窘困乏味。」他更示意社工姑娘，日後要多舉辦類似的活動，好讓他們這班老友記聚首聯誼，閒話家常之餘，又可以一展歌喉，暫忘煩憂。

他非常感謝惜食堂不僅為老友記及有需要人士提供免費飯餐，這裡的社工姑娘還不時問候，細心了解他們的需要。社區中心已成為老友記們的聚腳點，為他們的晚年生活找到寄託及安慰。



回憶總是美好，是撫慰心靈的良藥。惜食堂帶給長者及有需要人士是一份實在的支持。縱使提供的飯餐不及五星級餐廳，但，濃厚的人情味和對社會弱勢的關懷，從不缺席。

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A Decade Alongside Angels Photo Exhibition

This year marks the 10th anniversary of Food Angel, which is a milestone of our organization. To share our mission and work with the public, we organized a photo exhibition "A Decade Alongside Angels" at the Atrium on 1/F of Hysan Place from 1-6 October, where we wished to express gratitude towards the angels who have provided us with generous support with a series of photographs. We hoped the stories behind the photos would inspire visitors to join Food Angel and become an angel for the others.

In the past decade, Food Angel has experienced trials and hardships, including not being recognized at the beginning, and being affected by the pandemic. The challenges were overcome by the perseverance of team members to guard their posts, and the great support from donors, food sponsors, volunteers and charity partners. We would not have reached today without having them alongside us in the ten year journey. This exhibition featured 13 of the icons carrying angel wings for this series.



The concept and shooting of this photo exhibition was volunteered and managed by the professional sports photographer Brian Ching. His creative lens captured each angel's image in a unique way.

The exhibition opened for 6 days from 10am to 8pm, and consisted of 3 zones. In addition to the photo exhibition zone, there was a photo-taking zone, where visitors could take a picture with the Construction installation of a pair of angel wings built with food cans, and a 'Bless a Meal' area where visitors could write messages to send blessings to needy elderly through the cards prepared, which were delivered along with the Food Angel meals to share love and care.

Smile to Make the World Brighter

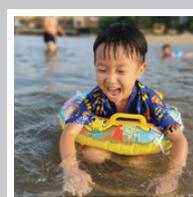
To celebrate Fathers' Day and Mothers' Day, the Food Angel Community Centre held a photography competition to capture smiles. Members of the Centre were invited to take snaps of their family's smiles, in hope to share joy and send positive energy to others.

All families stay home more often in the pandemic, causing dullness and conflicts among members. A smile could perhaps change that, and bring families closer. The response to the competition was positive, as and the Centre received over 130 photo entries. Each photo shows beautiful and bright smiles, which brings happiness to viewers. In fact, endorphin is released when we feel happy, which would enhance the sense of well-being.

During the prize-giving ceremony in July, the award winning families shared their feelings. One of them was thrilled that the competition prompted their family to gather three generations for the happy group photo, and winning the award was a bonus. Another parent shared that she loves taking photos of her child, who is always optimistic and cheerful, and she would forget about her worries when she sees her child's happy face. The audience could all feel the joy and satisfaction brought by the competition and by the sharing.

The activity showed that it is important to feed the soul in addition to deliver a free meal. While combating food wastage and hunger, we should continue to foster connections and share care and love.

Thank you for smiling, and for making the world a brighter place.



Feedback on the Foodstep Journey Tour

The following is the feedback of a parent who has participated "Foodstep Journey Tour"

"I knew that Food Angel offers free meals for the elderly and the homeless, then I saw the promotion of the summer family tour of the Food Angel Experience Centre at the chat groups for moms, and I instantly enrolled for it. The programme content is rich and practical, and I am most impressed by the VR session, the exercises of collecting carton boxes and pulling of the equivalent weight of food waste, as these activities kept the boys active and allowed them to move around.

1.5 hours flew by as the tour was led by a comedic guide giving a lively and humorous presentation. The tour promoted the two virtues of cherishing food and caring for those in need in each programme session, and the children absorbed the messages without knowing, and it was really worth it.

The awareness to care for the environment and the community must be cultivated from an early age, I am grateful for Food Angel's efforts and persistence on the advocacy. I definitely recommend the family tour to other parents, so more children will experience the tour."



Click here to join
Foodstep Journey Tour

Stamps for Good

WeChat Pay HK and Tencent Charity co-organised the "Stamps for Good" initiative, which is an innovative way to allow users to donate "Charity Stamp" as fundraising purpose and support our work at Food Angel. In addition to donation support, the Tencent team participated in the volunteer work at Food Angel, from preparing raw ingredients to packing 2,183 meal boxes, they have showed their enthusiasm in giving back to the community.

Everyone can support "Stamps for Good" via WeChat Pay HK from now until 31 Dec 2021 by donating a charity stamp after completing the first purchase of the day via the platform. Every 10 charity stamps will go towards the production of one hot meal costing HK\$12. Let's spend for a good cause!



Flavors of Life

An old tune was playing at the community centre, "When I am drunk with thoughts of the past, mixed with sorrow and laughter..." Uncle Wong emotionally sang along these familiar lyrics with a slightly hoarse voice, and everybody can tell he was indulged in memories. Tears ran down his face when the song was over, causing concern and uneasiness among staff and volunteers who meant to spread joy in this "Golden Classics Karaoke Day".

Our social worker sat down next to Uncle Wong, as he shared stories of the past. Turns out in the days the song gained popularity, Uncle Wong was in his prime with a successful career and a happy family. Reaching the autumn years of life, he has now become frail and sickly. Loneliness gets stronger as he witnessed loved ones' passing, and emotions were brought up as he sang.

With guilt, our social worker said to him "We thought the happy karaoke singing would lift spirits and lighten the mood, we didn't mean to make anybody upset." Uncle Wong replied, "Life is full of flavors, and you taste and experience them all. Life would have been blander if I did not receive help from Food Angel." He urged the staff to arrange more fun events like this, so elderly can gather and sing, and forget their worries and woes for a while.

He is very grateful for the free meals and for all the care he receives from the Centre, as the Centre has become a social hub for elderly to find sustenance and comfort in later years.



Memories are like good medicine for the soul. Food Angel supports the elderly and people in need both physically and emotionally. Although our meals receive no Michelin stars, we believe it is the love and care we spread that counts.

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