



電子通訊



容婆婆的笑容

87歲獨居的容婆婆，未認識惜食堂前，雖然年紀老邁且行動不便，但為了準備兩餐飯，每天都要一瘸一拐外出買菜，遇上下雨天，路面濕滑，更要步步為營，拿著餸菜一步一驚心。容婆婆住所樓下的保安姨姨亦替她擔心，幸而保安姨姨想起惜食堂在該大廈有上門送餐服務，便告知我們容婆婆的情況。社工得悉後，很快就聯絡容婆婆，並為她送餐。容婆婆拿著惜食堂飯盒向社工笑著說：「早前洗澡時不小心被滾水燙傷了腳，幸好現在不用外出買餸，真是很感恩！」原來一份飯餐除了讓老友記獲得飽足外，還為他們帶來方便，就是惜食堂最大的喜樂！



首個「流動惜食實體店」登場

為了加深大眾對惜食及剩食捐贈的認識，惜食堂聯同領展「愛·匯聚計劃」合辦了本港首個「流動惜食實體店」。五月起在領展旗下不同商場與市民見面，以有趣、互動的展覽向公眾介紹惜食堂及領展的回收工作。在場亦有「惜食大使」教大家惜食小知識，還可以參加「廚餘再生工作坊」製作咖啡渣磨砂膏、環保酵素及茶葉吸味包，將生活中的剩食升級再造，完成工作坊後更可獲得一個精美環保袋！現場還設有「惜食全方位食品收集箱」，歡迎大家捐贈家中仍未開封兼有4星期或以上食用期的乾糧食品，食品收集後，惜食堂會轉贈予有需要人士。



暑期親子精華遊

一家大細體驗惜食和實踐關愛！



廚餘大比拼



VR虛擬惜食影片



拾紙皮體驗



環保彩蛋工作坊



270度大螢幕電影

時間：六月至八月
(逢星期一至六)
每位：\$180 (大小同價)

立即網上報名



 粒粒皆辛館 “No Pain, No Grain”
FOODSTEP JOURNEY
by Food Angel 惜食堂

惜食導師的心聲

疫情稍為舒緩，暫停五個月的實體惜食體驗團又可重新啟動了，作為教育部惜食導師(Educator)，我感到非常興奮！

在不同的體驗團當中，我最喜愛的便是「親子精華遊」，它是讓家長及孩子們一同參與，學習怎樣去珍惜食物及關心貧窮的長者。在活動正式開始前，參加者大都抱著一種遊玩的心態，家長們為小朋友在場館內拍照或會不停滑手機，而孩子們會四處走

動。我會把握一個半小時旅程，用輕鬆、幽默的手法去引導他們明白如何避免浪費食物，及怎樣善用剩食去幫助貧窮人。活動內容可說是靜中有動，包括看電影、參與虛擬影片(Virtual Reality)、廚餘工作坊、拾紙皮.....在愉快學習的過程中，我會特別留意他們的反應 ---- 當看到全球食物浪費的嚴重性時，他們面露震撼的表情；在體會到貧窮長者的生活狀況時，他們流露出關切的眼神。

惜食導師: 梁紹龍

報名詳情：



foodstepjourney



3705 2484

全城傳愛 齊捐食2022

惜食堂與百佳合作食物回收工作已達十年，為香港拯救了超過三百萬公斤食物。自2013年起，雙方合作推出全港首個大型慈善捐贈食物活動 -- 「全城傳愛齊捐食」；今年將於6月17日至8月4日舉行，市民可於這8星期內，到全港任何一間百佳或旗下品牌的分店捐贈食物予惜食堂製作膳食。同時，若購買指定的食物，百佳就會捐多一件，亦會以每件食物計算捐出港幣一元予惜食堂，務求惠及更多有需要人士。



今年適逢百佳50周年，活動另一個亮點，就是推出全港超市首部個智能食物捐贈項目 -- 「智賞捐」。50部「智賞捐」智能食物捐贈機將於「全城傳愛齊捐食」舉行時間，放置在50間指定百佳分店。市民只要透過「智賞捐」每捐贈1公斤的乾貨食物，百佳就會捐出50分易賞錢積分子顧客，獲得的積分可以選擇存入易賞錢戶口內，或者透過「智賞捐」捐贈給惜食堂，雙倍捐贈雙倍愛心。

活動後，「智賞捐」智能食物捐贈機將繼續擺放於店舖內，延續「全城傳愛齊捐食」理念，進一步讓捐食文化無間斷融入生活，讓市民透過捐食為社會上有需要的人士送上祝福。



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Summer 2022



E-NEWSLETTER



GRANDMA YUNG'S SMILE

Grandma Yung is 87 years old. Before she knew about Food Angel, she had to go out to buy food every day. As she is getting old and has limited mobility, it is getting more dangerous for her to go out, especially on a rainy day. The security guard in the same building was worried about her, so she has reached out to us to seek meals support for Grandma Yung. Our social worker contacted Grandma Yung immediately and started delivering meals to her.

"I recently hurt my foot when taking a shower. It's great you both came to my house with meals and cared about me so much. My foot is not so pain anymore. I am really grateful of that!" Grandma Yung said with a smile while holding our meal box.

It is our greatest joy to see how our meal boxes bring a little convenience to elderlies and families in need.



Food Angel launched the first Pop-up Store

To promote a food-wise culture and encourage people to participate in food donation, Food Angel and Link Together Initiatives have co-organized the first Food Angel Pop-up Store. From May of this year onwards, we will meet with the public in different Link's shopping centres. Introduce the food-collecting work of Food Angel and Link through interesting and interactive exhibitions. Guided by the Food Angel's Food-Wise Ambassadors, participants will learn some tips on how to reduce food waste in our everyday life. Participants can also join our "Recycling Workshop" learn how to make coffee grounds body scrub, eco-enzyme, and odor-absorbing tea bags to give those leftovers a second life! After completing the workshop, participants will receive a reusable bag as well.





廚餘大比拼



VR虛擬惜食影片



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VOICE OF EDUCATOR

The pandemic is subsiding, and as an Educator, I am thrilled about the resumption of the Experience Tours at Foodstep Journey that have been suspended for five months.

Among the different types of guided tours, my favorite is the Family Tour in which parents and children learn how to cherish food and care for the elderly in poverty. Before the tour started, most of the participants were in a carefree mood, parents were taking photos of their children or browsing their mobile phones & children were wandering around. During the one-and-a-half-hour journey, with a light-hearted and humorous approach, I led them into knowing how to reduce food waste and use surplus food to help the needy. The journey is a mix of actions and thoughts. We watched movies and virtual reality films, participated in food waste workshops, and picked cardboards. When they came to realize how serious global food waste has become, they looked shocked; when they saw the living conditions of the poor elderly, they looked concerned.

In fact, by observing their facial expression, I could tell that they were getting something out of it. My greatest satisfaction is hearing the children say to me, "Uncle Mark, I will cherish food". I hope that participants will be more conscious of the less glamorous side our dazzling city, and this experience will bring out their compassion!

Educator: Mark Leung

APPLICATION DETAILS :



CITY FOOD DRIVE 2022

Food Angel and PARKnSHOP (PnS) have been working together on a food rescue programme for 10 years, saving over 3 million kilograms of food in HK. Since 2013, both parties have collaborated to launch the first large-scale food donation campaign in HK - "City Food Drive", which will be held from June 17 to August 4 this year. During these 8 weeks, you can donate food at any PnS stores to support Food Angel. For the purchase of designated food items, PnS will donate one more food item as matching, plus donate an extra HK\$1 per food item to Food Angel, in order to benefit more people in need.

To celebrate the 50th anniversary of PnS, another spotlight is the launch of the first supermarket smart food donation project in HK



"Share Food Share Love" Smart Food Donation Machine. 50 smart machines will be placed at 50 designated PnS stores. For every 1 kg of dried food donated via MoneyBack account, PnS will donate 50 MoneyBack Points to the customers, who can either deposit the points into their MoneyBack account or donate them to Food Angel to double the donation and love. After the campaign, the Food Donation Machine will continue to be placed in the stores to extend the concept of "City Food Drive" and further integrate the food donation culture into our

lives, so that more people can send their blessings to the needy in the community through food donations.

Please give your full support to "City Food Drive"! Sending love and care to those in need of food assistance in the community.



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