

# 電子通訊 2023夏季號

## 拯救南瓜 行動

夏天初到，在一個蔬菜批發市場中，有一天忽然出現一大片「紅海」！原來是大量南瓜因銷售不理想，而堆積在此。場地亦訂立了最後期限，若不能及時處理，南瓜全部會送往堆填區。

由於夏天氣溫炎熱，時有狂風大雨，為免南瓜加速變壞而要丟棄，檔主便立刻聯絡惜食堂，希望將南瓜悉數捐出，讓惜食堂拯救這批仍可食用的珍貴食材。



**FOOD  
ANGEL** 惜食堂  
by Bo Charity Foundation



回收部同事接報後，連忙到現場了解情況，並檢查食品是否合適回收，最後成功回收了16板共 7,000公斤的南瓜。

這批南瓜送到惜食堂的蔬菜處理中心「惜食分餉站」後，由一眾廚房同事及義工，齊心合力將其篩選、去皮及切片，再送到惜食堂各廚房煮成美味的南瓜湯及成為熱餐及速凍餐菜式的配菜。

南瓜有不同維生素，有抗氧化、增強免疫力及護眼功效呢！由於南瓜數量驚人，廚房未能全用，故我們亦將部份的南瓜分派予各慈善機構伙伴，實行分甘同味。這次緊急任務最終按時完成，大家成功拯救了這片南瓜海！

# 急凍食材包 傳遞愛滋味



惜食堂一直透過一份份的膳食，與大眾連結，其中由香港賽馬會慈善信託基金捐助及策動的「賽馬會逆境同行食物援助計劃」——「自在食」自助提取機（速凍餐及急凍食材包）更讓我們接觸到過去甚少領取社會資助的弱勢，包括因疫情而被逼退休的人士、短暫失業的家庭及開工不足的市民。

阿Cat便是該計劃內的一員。任職家務助理的阿Cat僅靠微薄收入獨力照顧女兒，與女兒居於鬧市的劏房單位，只有簡單的煮食用具。

去年第五波疫情來勢洶洶，阿Cat被迫全面停工收入急劇下降，面對極大的經濟壓力，阿Cat只可以待連鎖店晚上特價時段才可購買將近到期的減價肉類，如當天沒有特價便沒能力購買，令她很擔心正值發育期女兒的健康營養，生活百上加斤，情緒亦大受困擾。

後來經朋友介紹，阿Cat申請了「賽馬會逆境同行食物援助計劃」。透過申領服務，阿Cat得到由營養師建議的速凍餐及急凍食材包，大大減低了食物開支亦不再擔心女兒的營養問題，壓力和情緒問題亦逐漸得到改善。



「賽馬會逆境同行食物援助計劃」——「自在食」自助提取機（速凍餐及急凍食材包）服務開展至今一直按著社會需要不斷作出優化，除提供多款速凍兒童餐，點心，湯品外，去年下旬更推出「急凍食材包」，全方位配合會員不同的需要。

阿Cat現時每星期都會去附近的自助提取機領取速凍餐及急凍食材包，她直言這計劃不但解決了其食物需要，亦提供了不同的食物種類給用家選擇，而且食物很合她女兒的口味。

她認為速凍餐只需簡單翻熱便能食用，而急凍食材包因保質期長，可以留待有需要時自行調味烹煮，各有優點。她很感激賽馬會推行此計劃，讓她在疫情下也可有三餐溫飽。

# 惜食堂全港首間嶄新環保概念店 「米仔站」

## 「米仔站」歡迎你！

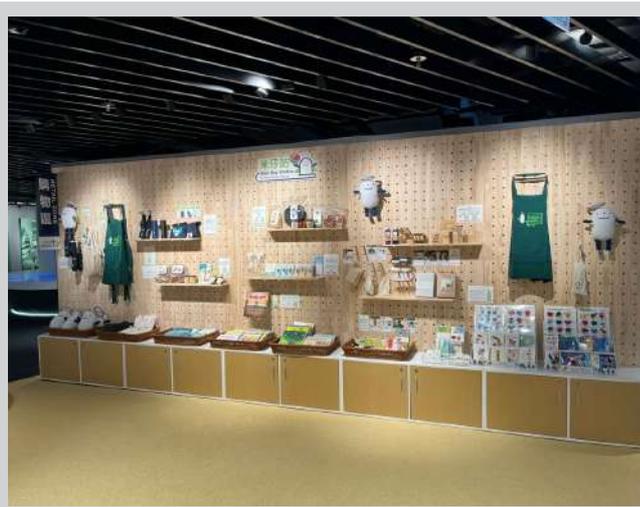
由領展全力支持，惜食堂設立了全港首間嶄新環保概念店 - 「米仔站」，並於4月23日正式營業！

「米仔站」位於樂富廣場內的領展可持續未來館，設立兩大區域，包括「會員換領區」，讓有需要家庭以會員手機程式，使用每星期派發的米仔幣免費兌換由惜食堂回收得來的乾貨食物。

另設「購物區」區域作為義賣，售賣各式各樣的米仔產品及一系列本地品牌環保產品，包括乾貨食材、環保生活用品及創意禮品等；所有銷售收益將扣除成本，撥捐支持惜食堂食物回收及援助項目。

「米仔站」亦會推行減廢宣傳及教育，每逢星期日舉辦免費環保工作坊。惜食導師會教參加者運用廚餘製作出有用物品，付予廚餘第二生命。站內亦設立食物收集箱，市民可將仍未開封兼有四星期或以上食用期的乾糧食品捐到箱中。

「米仔站」將營運至2023年10月下旬。  
歡迎大家來到樂富廣場支持「米仔站」！



# »» 惜食堂X百佳 «« 「全城傳愛齊捐食」十周年



自2013年起，惜食堂與百佳攜手舉辦「全城傳愛齊捐食」，今年計劃踏入十周年，我們繼續鼓勵市民捐贈剩食，為弱勢社群送上一份溫暖，將愛心「餵」遍社區。



於2023年6月30日起至8月24日期間，市民可到全線香港百佳門市捐贈乾貨食物。只要未過期、未開封，都可捐贈予惜食堂以製作飯餐。

百佳亦透過以「金御膳」產品捐善款，於計劃期間同時進行對捐。而今年的「全城傳愛齊捐食」活動，目標籌集價值港幣200萬元的食物和善款，預計可向有需要人士提供逾30萬份營養膳食及食物包。

為慶祝十周年，我們更推出惜食十載過三關，希望透過「智賞捐」收集更多來自市民的食物。市民只要於活動期間透過「智賞捐」完成三重任務，包括雙重掃描認證、累積捐贈10公斤或以上食物及捐款\$10或以上即可獲得百佳電子優惠券及惜食堂米仔環保袋一個。

適逢活動十周年，作為社會創變先驅，百佳與惜食堂更於今個暑假首度推出「社創職涯暑期實習計劃」，為社會服務可持續發展培育青年人才。

課程由資深教育工作者、輔導心理學家及社創高管人員設計及親授，從生涯規劃及職涯發展角度，以實證為本的體驗式學習，助學員增強服務社會的信心與能力。

計劃兩期合共77位學員參加，參與活動包括講座及導師分享，參觀百佳廠房以了解運輸及倉庫的運作及發展，並到百佳店舖協助推廣「全城傳愛齊捐食」活動。



歡迎瀏覽惜食堂  
Facebook, IG及網頁  
以了解更多!



[www.foodangel.org.hk](http://www.foodangel.org.hk)



[facebook/ foodangelHK](https://www.facebook.com/foodangelHK)



[Instagram/ foodangel\\_hk\\_official](https://www.instagram.com/foodangel_hk_official)

捐款支持



香港公益金  
THE COMMUNITY CHEST  
會員機構  
MEMBER AGENCY

# E-NEWSLETTER

## SUMMER 2023

### MISSION

#### SAVE THE PUMPKINS

This early summer, a "sea of red" was suddenly spotted at a vegetable wholesale market. It turned out that a large number of pumpkins were piled up there due to poor sales. The market has set an ultimatum that if the pumpkins could not be disposed of in time, they will be sent to the landfill. Due to the hot summer weather and occasional strong winds and heavy rains, the stall owner contacted Food Angel immediately to donate all the pumpkins before they turned rotten and were discarded.



Upon receiving the call, our food rescue staff rushed to the scene to check the condition of the pumpkins, and eventually "rescued" and successfully recycled a total of 16 pallets of pumpkins totalling 7,000kg.

These pumpkins were first sent to our Food Station to be sorted, peeled and sliced by our kitchen staff and volunteers, and then transferred to our kitchens to be made into savoury pumpkin soup and as an accompaniment to our hot and cook-chill meals. Pumpkin contains many different vitamins and anti-oxidants, and helps boost immunity and protects the eyes. Due to the large number of recycled pumpkins, they were not fully utilised by our kitchens. We also shared the pumpkins with our Charity Partners. The urgent task of food rescue was finally completed in time. Everyone joined hands and saved this sea of pumpkins!

# Delivering love through frozen food ingredient packs



Food Angel connects with the community through serving meal to the needy. The Hong Kong Jockey Club Charities Trust funded and initiated Automated Food Dispenser Service under the Jockey Club Food Assistance Programme, allows us to reach out to the underprivileged who rarely benefitted from social services in the past. Among them are the unemployed and underemployed, and those who are forced to retire early due to the pandemic.

Cat is one of the service users in the programme. Being a single parent, she can only afford to live in a subdivided flat with simple cooking tools with her meagre income as a housekeeper. Cat was suspended from work due to the fifth wave of the pandemic, causing a sudden drop in income and hence financial burdens.

Consequently, she could only afford to buy close-to-expiry meat from chain store's evening sales. Cat had no choice but to skip meat for her daughter's development needs on days when discounted foods were not available which has caused tremendous stress to her. Her stress has been relieved after joining the Jockey Club Food Assistance Programme. She now receives nutritionist-recommended cook-chill meals and frozen food packs weekly that greatly reduced food expenses, and the fears on her daughter's nutrition intake has also been resolved. Her stress and emotional have been much improved.



The Automated Food Dispenser Service under the Jockey Club Food Assistance Programme has adapted to the evolving social needs since its launch in 2020. In addition to a variety of readily made cook-chill meals (including children's menu, dim sum and soup), we have also launched frozen food packs to provide raw ingredients for cooking since the end of 2022 to cater to different service users' needs.

Cat collects both the cook-chill meals and frozen food packs from the dispensers nearby home. She expressed that the food she collected not only fills her tummy but also suits her daughter's appetite. The cook-chill meal offer ready to go meals that can be reheated with simple utensils while the frozen food pack has a longer shelf life and can be prepared per users' preference. Cat is grateful to The Hong Kong Jockey Club Charities Trust for funding the programme as it helps and solves not only her hunger but emotional needs through the pandemic.

# "RICE BOY STATION" – FOOD ANGEL'S FIRST HYBRID SHOP!

Fully supported by Link Reit, Food Angel has launched a first of its kind eco-friendly concept store "Rice Boy Station" in Hong Kong, which officially opened on the 23rd April.

Located at the LINK Sustainability Lab at Lok Fu Plaza, the Rice Boy Station features two main areas, including the "Member Redemption Zone", where needy families can use the free Rice Boy tokens distributed weekly via the Food Angel member mobile app to redeem dry food items collected by Food Angel.

A "Retail Zone" is also set up as charity sale, selling a variety of Rice Boy products and environmentally-friendly products by different local brands, including dry food ingredients, sustainable lifestyle products and creative gifts, etc.

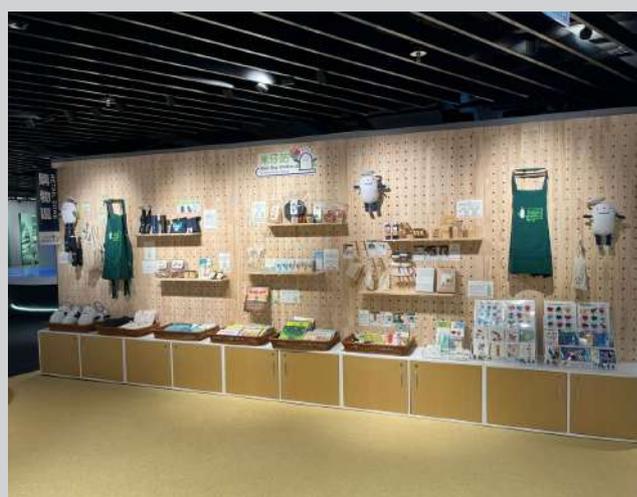
All proceeds from the sale of these products after deducting the costs will be donated to support Food Angel's food rescue and food assistance programmes.

"Rice Boy Station" is also a place to educate the public on waste reduction, with free workshops on every Sunday. Our tutors will teach the participants to create something useful out of the recycled food products to give those items a second life.

A food collection box is set up in the shop for the public to donate unopened dry food items with a four-week or more expiry date.

The shop will operate until late October 2023. Come visit us at Rice Boy Station at Lok Fu!

## WELCOME TO RICE BOY STATION



# >>> Food Angel X PARKnSHOP <<< CITY FOOD DRIVE 10TH ANNIVERSARY



Food Angel and PARKnSHOP have jointly organised the “City Food Drive” campaign since 2013. This year the campaign is celebrating its 10th anniversary and we will continue to encourage the public to donate surplus food and share love with the needy in the community.

From 30th June to 24th August 2023, the public can donate non-perishable food items at all PARKnSHOP stores in Hong Kong. As long as it is not expired and has not been opened, the food donated will be used in Food Angel for meal preparation. PARKnSHOP is also matching the donations made during the campaign by donating its IMP.Banquet brand products. This year the programme aims to raise HK\$2 million in food and donations, which is expected to provide over 300,000 nutritious meals and food packs to those in need.

To celebrate the 10th anniversary, we also launched the “Food Donation Tic Tac Toe Challenge” in hope to collect more food from the public through the “Share Food Share Love” Smart Food Donation Machine. The public can participate in this challenge by completing three tasks through the machines during the event period, including double-scan authentication, donating 10 kgs or more of food and giving HK\$10 or more in cash. As a reward, participants will receive a PARKnSHOP e-coupon and a Food Angel tote bag.



As pioneers of social innovation, PARKnSHOP and Food Angel launched their first “Career Design for Social Innovators Summer Internship Programme” this summer, aiming to cultivate young talents for the sustainable development of social services. Designed and taught by experienced educators, counseling psychologists and senior executives of social innovation, the programme is an evidence-based experiential learning from the perspectives of career planning and development, helping students to enhance their confidence and ability to serve the society. A total of 77 students joined the programme in 2 cohorts, and participated in activities including lectures and mentor sharing, visits to the PARKnSHOP warehouse to learn about logistics and warehouse operation and development, and promoting the “City Food Drive” campaign at PARKnSHOP stores to the public.



Follow us on social media to learn more about our work!



[www.foodangel.org.hk](http://www.foodangel.org.hk)



[facebook/ foodangelHK](https://www.facebook.com/foodangelHK)



[Instagram/ foodangel\\_hk\\_official](https://www.instagram.com/foodangel_hk_official)

Support Us

