

# 季度通訊

惜食堂



齊心抗疫  
服務恢復

如欲接收惜食堂季度通訊的電子版，請把你的電郵地址發送至 [newsletter@foodangel.org.hk](mailto:newsletter@foodangel.org.hk)

## 「疫」過境遷 重新出發

本港新冠肺炎疫情逐漸緩和，6月份開始，惜食堂恢復熱餐供應，同時所有單位的義工服務亦回復正常。而在惜食堂社區中心，雖然久違的熱鬧氣氛又再重現，但服務模式稍有轉變，我們鼓勵老友記及家庭外帶餐盒回家食用，而有需要堂食的老友記，會被安排坐在最少有1.5米距離及有隔板作分隔的餐桌享用餐盒，以保持社交距離。

在這個非常時期，我們對防疫工作絕不鬆懈，所有同事均嚴守防疫措施，期望盡快「疫」過境遷，重新出發！



請掃描QR CODE  
觀看短片



2020年對任何人來說，永世難忘。

在家工作、保持社交距離、罩不離口、洗手洗手洗手、失業裁員.....都是今年最常出現的詞彙。新冠肺炎令大家無論在生活上、經濟上、精神上都受到嚴重影響；惜食堂當然不能幸免，開業九年，從未遇上如此重擊的一拳。可幸的是我們有大家的鼓勵及祝福、可幸的是大家仍能發揮有錢出錢、有力出力的精神、可幸的是世界仍然有愛；故此我們未曾一蹶不振，還遇強越強，越挫越勇，因為我們知道在這艱難時刻，更加莫忘初心，幫得一個得一個。對於突如其來的疫症，惜食堂啟動緊急應變措施，瞬間轉變食物援助的模式。此短片，讓大家看看在疫情爆發期間惜食堂的工作，希望透過這條短片，衷心感謝您們讓所有服務使用者感受到關愛，使大家心連在一起，沒齒難忘！

## 疫情爆發後5個月以來的工作：

食物包



118,523包

速凍餐



142,113份

防疫物品



495,889包

餐券



61,351張

超市現金券



14,829張

\*截2020年2月1日至6月15日數字

## 「疫」境同行

抗疫至今一百五十多天，找來社工黃姑娘分享在這段期間，令她印象最深刻的個案。「第一次見志偉（化名）的時候，他神情尷尬，向我表示身無分文，查詢如何領取我們的食物……」黃姑娘細說當時的情境。志偉長期在內地工作，因疫情影響，在新年前被迫停工，花光積蓄後只好回港找尋出路。他在香港沒有居所、沒有工作、沒有金錢，怎麼辦？幸好，他在深水埗區找到一個可以賒帳形式租住的床位，待找到工作或成功申領綜援金後再向包租公歸還租金。解決了住宿問題，食物又如何？志偉前來惜食堂之前，原來已有兩、三天未吃過飯。

黃姑娘續說：「得知他的狀況後，我立即遞過速凍餐、白米、罐頭等食物給他以解其燃眉之急，但志偉靦腆地推回食物給我，原來他的『住所』只有一張床和一個熱水煲，連基本的碗筷也沒有，那怎樣烹煮這些食材呢……我於是改贈飯券給他。」

其後，黃姑娘替志偉申請了電飯煲，給了他一堆物資。「志偉接過物品後，良久不能說話，對一個五十多年來都是自力更新，未曾接受過援助的他來說，此刻是一個尊嚴的考驗，同時感受到前所未有的人間溫暖，百般滋味在心頭。」



“

在此感謝各界對惜食堂的支持，令我們有能力在這「疫」境中與有需要的人同舟共濟。



「惜食堂在疫情期間，花上較平時更多的心力及時間提供食物，目的只有一個 - 分享食物的同時，分享愛！」

## 分餉站・分享愛

惜食分餉站是惜食堂兩所廚房及中央食物製造廠的強大後盾，每天為超過12,000份飯餐提供已處理的瓜菜。

明哥 - 分餉站的營運經理，雖然個子不高，身形略胖，但他擁有矯健的身手及強健的體魄，每天面對既繁忙且富挑戰性的工作。他要負責妥善處理從四方八面回收得來的瓜菜，安排人手去篩選、分類和儲存的工作。

疫情下，明哥的工作變得更艱鉅，他娓娓道出：「因為機構改變了食物援助的模式，疫情期間改以食物包代替熱飯餐送給服務使用者；由從前為廚房準備食材而馬不停蹄地洗切瓜菜，變成每天點算食物、分裝白米、轉發到不同慈善機構伙伴等等工作，分餉站頓時變身成為食物分裝工場，每星期分配數以萬件的食物，人手安排及儲存空間都是一項挑戰！」



## 你知道嗎？

惜食堂一星期製作50,000個飯餐，  
需要 4 公噸的白米。

## 順「疫」同行 恢復義工服務

疫情期間，為保障大家的健康，惜食堂自2月份起暫停了義工服務近四個月。這段時間，義工朋友都惦記著惜食堂各人及服務使用者；在沒有義工服務期間，他們藉著前來捐贈口罩及物資的時候，向同事及服務使用者送上真摯的問候，表達關懷。

隨著疫情逐漸放緩，我們終於在 6月1日恢復惜食分餉站、深水埗廚房、柴灣廚房、豐膳坊以及社區中心的義工服務！恢復服務的首星期，與我們暫別多月的義工朋友們都表現雀躍。為表達感激之情，我們精心炮製了愛心滷蛋作為送予義工的小禮物；同時亦邀請義工朋友寫下祝福話語送給服務使用者，讓彼此以愛相連。義工Raymond表示：「返回這個大家庭，感覺很親切！久別重逢，大家點頭問好，雖有口罩相隔，但又豈能阻隔彼此的關愛。」

我們衷心感謝每一位在疫情下與我們並肩攜手為有需要人士付出的義工朋友，一同體現「讓施與受同享豐盛生命」的願景！



07/2020 – 08/2020

### 夏日親子體驗團

邊玩邊學，  
做個惜食好孩子！

按此報名



# NEWSLETTER

*Food Angel*



Subscribe to our newsletter:  
[newsletter@foodangel.org.hk](mailto:newsletter@foodangel.org.hk)

## Together, we fight the virus!- Meal Services Resumption

As the coronavirus pandemic eases gradually, we have resumed hot meal service and volunteer services at all our operation units. At our Community Centre, although our usual diners still bring liveliness to the venue, the service mode has switched- our elderly and family members are encouraged to take-away the meals to enjoy at home. For those who opt to dine-in, they should be seated at dining tables which are set 1.5 meters apart, with acrylic panels installed as barriers to maintain distance.

In this special period, all our staff has paid extra attention to adopting infection control measures. Together we wait for the rainbow to appear after the rain with hope!



請掃描QR CODE  
觀看短片



2020 is definitely an unforgettable year for all.

Working from home, maintaining social distance, searching for masks, washing hands, worrying about unemployment... These are common concerns worldwide this year. The coronavirus pandemic has brought adverse impacts to us financially, socially, and emotionally, and Food Angel is no exception. Within the 9 years of our operation, we had not been hit by such a heavy strike. Despite all this, we are very grateful for all your encouragement and blessings, for all the donation and support, and for all your love and care. We have not fallen into despair, rather we have grown stronger, and have held on to our vision even tighter at this difficult time. At this critical moment, we are more determined to help as many as we can. When facing the unprecedented situation, Food Angel immediately launched emergency response measures and switched to provide food packs. Please view the above video to learn more about our work during COVID-19. We would like to extend our deepest gratitude for your love and care for our service users.

## What We Distributed During the 5-month COVID Period

Food Pack



118,523  
packs

Cook-chill  
Food



142,113  
boxes

Infection Control  
Items



495,889  
packs

Meal  
Coupons



61,351  
coupons

Supermarket  
Cash Coupons



14,829  
coupons

\*Numbers from 01/02/2020 to 15/06/2020

## LIFE UNDER COVID-19

150 days after the outbreak of COVID-19, we had a chat with Ms. Wong, our social worker who shared a case that has left a mark in her heart.

“During the first time I met Wai, he indicated that he did not have a dime in his pocket, and asked me how he could apply for our free meal service with embarrassment.” Wai usually works in China to earn a living. Affected by the coronavirus pandemic, he was forced out of his job before CNY and had used up all his savings. Thus, he returned to Hong Kong with no alternatives. Without a proper place to live in town, he could only rent a bed on credit in a small sub-divided flat in Sham Shui Po as he has to wait for the approval of his CSSA application in order to pay his landlord afterward. “I immediately packed some cook-chill meals, rice packs, and canned food for him to solve his urgent needs. Surprisingly, he did not accept them,” said Ms. Wong.

“With a coy expression, he told us that his ‘flat’ lacked all other basic facilities and utensils – he had nothing but a bed and a water boiler. Since it was impossible for him to cook, I offered him some meal coupons instead.”

Ms. Wong then applied for a rice cooker and some necessities for him. Having mixed feelings, Wai remained speechless after receiving the items. As a self-sufficient individual who had not sought help for over 5 decades, accepting such an act of assistance may break his pride and hurt his ego.



“

**He was grateful to receive care and kindness from the others at this desperate time.**



*"Our service mode has switched from distributing meals to giving out food packs, thus Food Station has turned into a packaging factory"*

## Food Station

Food Station is the backbone of Food Angel's 3 other kitchens. It is where all rescued vegetables are processed for 10,000 daily meals. Ray is our Operation Manager at the Food Station. For him, there isn't a single day without challenges. His crucial duties include selecting, categorizing, and storing rescued vegetables from various food donors. Under the coronavirus pandemic, his work became even more demanding as the service mode has switched from distributing meals to giving out food packs, turning Food Station into a packaging factory. Shifting from non-stop washing and chopping vegetables, his job has now become counting food items, repackaging rice packs, and redistributing the food packs to our different charity partners.

"Not only did we face a shortage of manpower, but we also lacked storage areas. Hence, it was really a great issue for us that time!"

To ensure that our service users are still our priority, we have poured our heart and sweat into adapting to the virus days. We wish our service users can feel our love and care.



## DO YOU KNOW?

**FOOD ANGEL PRODUCES 50,000 MEALS PER WEEK,  
WHICH REQUIRES 4 TONES OF WHITE RICE.**

## Volunteer Service Resumption

### “A Big Thank You”

Due to the coronavirus pandemic, Food Angel has suspended all volunteer services for four months. We are very grateful for all our volunteers' continuous love and support under the pandemic. Many sent messages of encouragement and donated masks and other resources. To extend our appreciation to volunteers for their support, in the week of service resumption, we prepared small gifts and a photo-taking activity.

With the gradual easing of the pandemic, our volunteer services at the Food Station, Sham Shui Po kitchen, Chai Wan kitchen, and Harvest Mill have finally begun again from 1 June!

During the first week of reopening, our volunteers were excited and ecstatic to return to our venues.

Volunteers were also invited to write messages of support and blessings to our service users. “It feels like home to return to this big family. It’s been such a long time since we last saw each other. Though there are masks between us, I can still feel everyone’s love and warmth!” said Raymond, one of our devoted volunteers.

Once again a big ‘thank you’ to all of you and we are looking forward to fulfilling our vision with you to ‘let lives be enriched through giving and receiving’!



07/2020 – 08/2020

## Summer Family Tour

Play and Learn  
Be a food-smart kid!

[Enroll Here](#)

Language: Cantonese only