

# 電子通訊

秋季號 2020



**金針雲耳時蔬**

一家四口的陳媽媽：「我哋食得好開心，無浪費過㗎！」



**蒜蓉汁雞翼**

一位五十多歲的獨居殘疾人士，梅女士：「多謝給我這麼好的食物！」

## 疫情下的豐膳坊

新冠肺炎疫情期間，惜食堂深水埗及柴灣廚房需暫停服務，但由匯豐全力支持的「豐膳坊」仍然如常運作，肩負起生產所有餸餐的使命！

為減低服務使用者每天走出社區領取熱飯餐時受感染的風險，惜食堂除了固有速凍餐的生產量外，更將速凍餐取代所有熱餐，每次向原先領取熱餐的服務使用者改派發足夠數天份量的速凍餐。

速凍餐只要存放在雪櫃中冷藏，保鮮期可長達至四天，是一項極具靈活兼有彈性的食物支援服務。疫情期間，因失業及就業不足所致，需要食物支援的個案隨即急升。為應付大量需求，「豐膳坊」員工以輪班制形式，在短時間內增加產量。現時每天平均生產五千五百份速凍餐，以回應社會需求。

疫情期間，食物回收量下降，食物種類較以往為少，因此，廚務及食物安全團隊在設計餐單及食材配搭上更要花盡心思，扭盡六壬，務求滿足服務使用者的味蕾外，還讓他們感受每份膳食盛載著我們的心意。

## 惜食分餉流動車 將食物及愛心送到每個角落



新型冠狀病毒疫情持續，基層市民在疫情期間深受影響，生活更見艱難。不少社區飯堂為避免社群聚集，均暫停提供飯餐，以降低感染風險。為協助紓緩基層困境，迅速應對疫情期間的社會需要，中銀香港捐助惜食堂設立了「惜食分餉流動車」，通過配置保溫設備，將食物以保鮮、高效的方式一天兩次派發至8個偏遠地區，支援需要領取食物和日常支援的獨居長者、行動不便人士及低收入家庭，每日受惠達 360人次。

此項目其中一位服務使用者 - 76歲的梁婆婆，獨居於唐四樓，每天要步行百多級樓梯上落。她唯一一名女兒經已搬離住所，甚少回來探望。平時，梁婆婆是靠執拾紙皮變賣，以幫補家計。但疫情期間，因餐廳及藥房生意都變差，紙皮數量亦減少，直接影響她的收入。自從「惜食分餉流動車」向梁婆婆提供支援後，她每星期都獲得已烹調好的飯餐及一些乾糧物資，紓緩了她的生活開支；同時，惜食堂員工向她噓寒問暖，讓梁婆婆在這段艱辛的日子帶來一點欣慰及感受人間有愛。

### 疫情爆發後8個月以來的工作：

食物包



145,176包

速凍餐



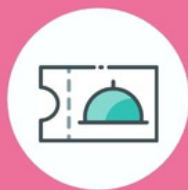
483,360份

防疫物品



762,869包

餐券 超市現金券



279,102張



42,105張

\*截至2020年2月1日至9月15日數字



## 疫情下的網上教室

疫情下，粒粒皆辛館的體驗團和到校講座無奈暫停，但停課不停學，為配合小朋友在家中學習，教育部首次以網上授課形式宣揚「惜食與關愛」的理念。

線上親子班「惜食小百科」於八月份開展，透過互動遊戲、影片和問答環節，學生及家長明白到珍惜食物的重要性。是次課堂反應熱烈，首輪推出的線上班旋即爆滿，故教育部即加開額外十場，反應同樣熱烈。最後，合共有119個家庭出席，97%的家長表示滿意課堂的內容，亦增加了對惜食堂的了解。

基於面授課程仍未全面恢復，線上課堂於九月份繼續進行，主題為「關愛小秘訣」。除了介紹惜食堂的長者關懷行動外，更重要的是鼓勵參加者把愛心付諸行動，由關懷身邊的人開始延伸至有需要的人士。

十月份，教育部推出全新的線上講座，讓學生關注獨居長者生活上的困難及香港的食物浪費的情況。我們深信遙距教學也能激發學生作出改變去減少食物浪費，用行動去關懷社會上的弱勢社群。

## 實習生手記

在疫情肆虐的一年，很感激惜食堂給予我實習的機會，使我能在這個艱難時期為社會上有需要人士送上關懷與祝福。

記得六月加入惜食堂的時候，正值疫情放緩之際。隨著惜食堂各部門逐步恢復運作，我的實習經歷亦愈來愈充實。無論是協助活動策劃，刊物出版以及制服設計，惜食堂的同事都很熱心地教導我，使我獲益良多。無奈疫情在七月再度爆發，為了降低疾病傳播的風險，惜食堂唯有作出特別服務安排，日常服務及運作亦因此再受影響。眼見自己有份參與策劃的活動因為疫情而不能順利如期舉行，內心不免感到失望。儘管如此，我仍然很感恩疫情使我有更多機會參與製飯工作，使我得以體會到惜食堂運作之不易。在此對疫情期間仍堅守崗位的惜食堂眾員工表達由衷的敬意。

為期兩個月的實習轉眼已踏入尾聲，難忘的經歷不少，但令我印象最深刻的無疑是外展服務。服務使用者收到食物包時的喜悅、享用熱飯餐時的滿足，他們一張張的笑臉都成為了我這一次實習最美好的回憶。有時我也不禁擔心疫情之下他們是否一切安好，但我深信惜食堂會繼續使他們的笑容高高掛在臉上。

同樣是看不到、摸不著，疫症逼使人們保持距離，但愛心卻能使我們緊緊連在一起。經濟不景，加上疫情反彈，老友記及低收入家庭的生活將受到前所未有的挑戰。不論是參與義工活動抑或慷慨解囊，希望社會各界能繼續支持惜食堂，與我們一起攜手度過難關。

# 惜食堂義工榮獲 「義工運動」2019年金獎嘉許！

一直以來，惜食堂承蒙社會各界人士的支持，身體力行參與義工服務，與我們一起實現「讓施與受同享豐盛生命」的使命。2019年度，惜食堂就迎來了多達11,650位義工，共同成就了72,728義工服務時數，當中不乏長期支持我們的恆常義工。

為向親愛的義工朋友表達由衷謝意，惜食堂首次為2019年度，累計服務滿50小時以上之義工朋友，申領由社會福利署設立之「義工運動」義工服務嘉許狀。「義工運動」設金、銀、銅獎，嘉許年度服務滿200、100及50小時的義工朋友。本年度，惜食堂共有136位義工符合嘉許資格；當中更有19名義工獲金獎資格！就此，惜食堂亦獲嘉許「義務工作嘉許狀(團體)-金狀」。

這份驕人的成績，不單記載著一眾義工的愛心與汗水，更象徵著社會對惜食堂的認可與鼓勵。我們再次衷心感恩每一位義工與我們並肩同行，停止浪費，解決飢餓，以愛相連！

有關嘉許狀領取安排，義工服務部將於稍後透過電郵向申領者公佈，敬請留意。



成為義工



# NEWSLETTER

Autumn 2020



Black fungus with mixed vegetables

“Thank you for the wonderful food.”

Ms. Mui, a 50-year-old singleton with disability



Chicken wings in garlic sauce

“We enjoy the food and don't waste one bit!” Mrs. Chan, mother of 4

## Harvest Mill under COVID-19

Our hot kitchen services have been under suspension in the pandemic, yet the operation at Harvest Mill which is fully supported by the HSBC has been sustained to carry on with our mission to provide food assistance to the needy. To reduce our service users' exposure to risks of infection during each meal collection, in addition, to produce our regular cook-chill meals, we have replaced all hot meals with a week's worth of cook-chill meals to meet the demand for food assistance. The cook-chill meals can be stored up to 4 days when refrigerated properly, which is a very flexible meal service. The pandemic brought adverse impacts such as unemployment and underemployment in the community, resulting in a rising number of cases requiring food support. To cope with the large demand, we have sped up our meal production at Harvest Mill by implementing work shifts immediately. We produce 5,500 cook-chill meals daily on average in response to social needs. COVID-19 has also resulted in a decrease in the volume of food collected and lower variety of food types. Our kitchen and food safety teams have devoted more efforts to design suitable and nutritional menus to satisfy the palate and emotional needs of our service users.

## Love and meals on wheels



The needy communities are impacted severely as they face waves of pandemic. A number of community canteens have suspended their services to minimize meal gatherings and lower risks of infection. To help alleviate the plight of the grassroots, Bank of China funded the setting up of 'Food Angel x BOC Food Rescue and Assistance project'. With the cooling capability to retain the quality of food, food items can be delivered efficiently to 8 remote districts twice a day to support up to 360 individuals including elderly who lives alone, individuals with lower mobility, and families with lower income.

Granny Leung, a 76-year-old who resides alone on the fourth floor in a tenement building, is a service user who benefits from this new service. She has to ascend a flight of stairs with more than 100 steps to reach home. Her only daughter has moved out and rarely visits. Granny Leung sustains her livelihood by collecting carton boxes usually. However, the number of available boxes dropped drastically as businesses were poor at the restaurants and pharmacies under the pandemic, and her income is directly impacted. Since the project provided support to Granny Leung, she receives cooked meals and dried food weekly, which eases her cost of living. At the same time, she feels care and warmth from our staff, which brings her comfort in days of hardship.

### What We Distributed During the 8-month COVID Period

Food Pack



145,176  
packs

Cook-chill  
Food



483,360  
boxes

Infection Control  
Items



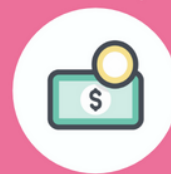
762,869  
packs

Meal  
Coupons



279,102  
coupons

Supermarket  
Cash Coupons



42,105  
coupons

\*Numbers from 01/02/2020 to 15/09/2020

# Online classes in the pandemic

Due to the epidemic, Foodstep Journey's experience tour and seminar at school have unfortunately been suspended.

However, our education efforts do not stop there as we continue our mission of "Cherishing Food and Caring for the needy" with the launch of online classes.

Targeting both parents and children, our online classes "Little Food Encyclopedia" launched in August. Through a series of interactive games, short video clips, and Q&A sessions, students and parents can understand the importance of cherishing food. Due to the popular turnout with the first round of classes, we decided to offer 10 extra sessions which also gained an amazing response. A total of 119 families completed the class, and 97% of parents were not only satisfied with the content but also had a better understanding of Food Angel.

As a face-to-face class has been suspended in early September, our online class themed "Caring to the elderly" has been launched and is now underway. In addition to addressing Food Angel's work to the elderly; most importantly we encourage participants to convey their love, extending love from those around you to those in need. What's more, the Education Department will have a brand new online seminar in October to allow students to learn more about the food wastage and poverty in Hong Kong. We believe distance learning isn't a barrier, but another opportunity to encourage students to make a change: to reduce food waste and care for the underprivileged.



# Food Angel Volunteers Awarded Gold Certificate of “Volunteer Movement” 2019!

Volunteers have long been an important member of Food Angel in achieving our vision and mission. In 2019, we have welcomed 11,650 volunteers, who have contributed a total of 72,728 service hours! Many of those are long-term volunteers who regularly serve for our service users. To extend our heartfelt gratitude to our dearest volunteers, Food Angel has newly joined the Volunteer Movement (VM) organised by the Social Welfare Department and apply for its award certificates for volunteers who have fulfilled at least 50 total hours of services in 2019. Every year, Volunteer Movement awards Gold, Silver, and Bronze Certificates to volunteers who have served 200, 100, and 50 hours respectively. This year in Food Angel, 136 volunteers are qualified for the recognition while 19 are eligible for the Gold Certificates! We are also awarded the “Gold Award for Volunteer Services (Organisation)” for the collective effort. This achievement not only marked the love and effort from our volunteers but also the recognition and encouragement from society. Once again, we thank every volunteer for walking with us on this journey of “Waste Not. Hunger Not. With Love”. For information about the collection of certificates, please stay tuned for the email announcement from Volunteer Engagement Team. Thank you.



**Become our volunteer**

