

2022 冬季號

電子通訊



新年展望

2022年對很多人來說是艱辛的一年，惜食堂同樣面對不少挑戰及考驗，尤以年初疫情大爆發，那時所有食物回收暫停、各個處所都有同事確診、申請食物援助服務的個案以幾何式倍數飆升.....

在那段艱難的日子裡，感恩得到各界人士熱心的鼓勵與支援，惜食堂獲得了迎接挑戰的力量，加上同事們沉著應戰，齊心協力克服種種困難，我們與服務使用者總算順利捱過了這一役。

縱使艱辛的日子未完全過去，但只要站穩腳步，守護惜食堂的初心 - 「停止浪費、缺決飢餓、以愛相連」，想必未來同樣豐盛。

在令人期待的聖誕與新年的倒數中，祝願大家聖誕快樂，以懷抱希望的心，迎接美好的2023。

寒冷天氣警告下的「傳餵愛」



天文台已連續多天發出寒冷天氣警告，雨天加上溫度急降，對很多體弱長者，尤其是獨居長者來說，寒流來襲絕對是個很大的挑戰，他們很需要大眾關心及慰問。

獨居的黃婆婆個子嬌小，因為年老，胃口日漸轉差，愈吃愈少下，導致長期營養不良，體重不足80磅，需要食用營養奶粉及打補血針來補充，加上近日天氣寒冷，社工姑娘們都很擔心黃婆婆的狀況。

平日都是由社工姑娘上門探訪或打電話給黃婆婆問候情況，今天驚喜的是，社工姑娘反收到黃婆婆主動來電，電話中傳來黃婆婆欣喜的聲音，她盛讚今天的熱飯餐很有心思，是她以往常在茶樓吃的“百花釀魚肚”，久違了的味道，令她食欲大增，飽飯過後身體變得暖暖，精神不少。



今天的“百花釀魚肚”飯餐是來自「傳餵愛」項目。這是一個因應不同節日而設計的應節飯餐，目的是透過這份節日限定的熱飯餐，讓老友記們都能夠一同慶祝節日，感受當中的氣氛與歡愉。

小小一份熱飯餐，滿載大家對長者們的祝福，以食物傳送愛，寒流下溫暖人心。

惜食分餉 千里送愛



香港雖然是一個富裕的小城市，但仍有很多較偏遠的村落、新發展社區，缺乏資源或未有食物援助服務。假如當區有獨居長者及低收入家庭，一般較難找到團體提供食物援助或日常支援。中銀香港贊助的「惜食分餉流動車」正是以靈活的方式，駛往這些區域派發食物、物資及提供服務予他們。

過去的8月，惜食堂在粉嶺舉辦了一場流動健康站活動，為當區的老友記量度身高、體重、血壓、血糖及血氧水平。看似簡單的檢查，卻為長者們帶來一次不平凡的健康體驗。張伯伯是住在鄉郊的圍村，平日只限在區內生活。疫情下更加少出門了，如果身體有一點點不適，只會在家休息，不會去看醫生。他十分感謝今次活動，因為平時在家根本沒可能「篤手指」（量血糖）。更感激職員千里迢迢來到關心他，與他談天說地。

惜食堂除了專注食物援助需要外，服務使用者的健康都十分重視。希望透過「惜食分餉流動車」將膳食或食物包送到較偏遠地區外，還可以提供更多元化的身心靈健康活動。

「流動惜食實體店」和你一起過聖誕!



在過去的12月份，惜食堂與領展愛·匯聚計劃合辦的「流動惜食實體店」因應聖誕節主題，為工作坊添加節日元素，由駐場惜食大使提供指導，教授街坊利用回收水果網及其他環保物料，製作獨一無二的水果網聖誕卡，以及節日裝飾。參加人數眾多，反應熱烈，市民的鼓勵推動我們設計更多樣化的工作坊項目。除此之外，工作坊更包括製作咖啡渣磨砂膏，環保酵素，吸味茶葉包等等，完成工作坊後更可獲得一個精美環保袋！

「流動惜食實體店」是一個大眾平台，讓大家分享和交流升級再造食物的小知識。宗旨是鼓勵市民將剩食回收，然後升級再造。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。



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Winter 2022

E-NEWSLETTER



Looking Forward to a Great 2023

2022 has been a difficult year for most, and Food Angel faced tremendous challenges during the outbreak of coronavirus including the suspension of food rescue work, teammates falling ill, and a surge of applications for food assistance services...

We are grateful for all the support and encouragement received during the tough period, which gave us the strength to tackle the challenges, along with the resilience of the team, we have gotten through the pandemic with our service users.

Even though we are still in the pandemic, we trust that we will get through anything holding true to our mission “Waste not. Hunger not. With Love”, and to enrich lives through giving and receiving.

With the Christmas and new year counting down, we wish everybody a Merry Christmas, and we look forward to a happy 2023.

Delivering Love under Cold Weather Warning



The Hong Kong Observatory had been continuously issuing Cold Weather Warnings, the temperature drop and rain are definitely a challenge to the elderly who are physically weak. Care and greetings will provide them with the warmth they need.

Grandma Wong is a petite old lady living alone. She has lost her appetite with age and suffers from malnutrition. Weighting less than 80lb, she relies on milk powder for nutrition and Epoetin injections. Her health and the cold weather are worrisome for our social workers.

Our social workers usually would give Grandma Wong a visit or a call to check on her, so it was a surprise when they received a call from Grandma Wong herself. She sounded thrilled over the phone and gave compliments on the festive hot meal 'Fish Maw with Shrimp Paste', which was a long-forgotten dish she used to have in the dim sum place, and it boosted her appetite. She felt energized and warm after having this special meal.



'Fish Maw with Shrimp Paste' is a special meal from the 'Delivering Love' programme. It provides meals with festive elements, and we hope to celebrate the festivals with our members through this programme.

A simple hot meal carries our blessings to the elderly, with the food we hope to share love and warmth this winter.

Sending Love to Afar



Hong Kong is an affluent small city, yet there are remote villages without sufficient resources and food services. It is difficult for low income families and elderly living alone to seek meal assistance and support for necessities in those areas. Bank of China (Hong Kong) supports our "Meals on Wheels" programme, which primarily serves these areas with flexibility, and delivers food and items needed to their door.

In August, Food Angel held a health outreach activity in Fanling, and offered free check ups to the elderly such as height and weight measurement, blood pressure, blood sugar and blood oxygen index reading, along with food delivery. A simple check up surprisingly brought an incredible experience for the elder community. Grandpa Cheung lives in the walled village, and his daily activities are confined in the rural area. Under the pandemic, he mostly stayed home even when he felt ill. He treasured the opportunity to do health checks that day, as it was impossible for him to know his body conditions at home alone. He was very grateful for the staff to come from afar to visit him.

Apart from meal needs, Food Angel also cares for the elderly's health conditions. We hope to provide more than meals and food packs to the rural communities with the "Meals on Wheels" programme.

A Happy Christmas at LINK's Food Angel Pop-Up Store!



In December, festive elements were added to the Food Angel Pop-Up Store, which was a collaboration of Food Angel and Link Together Initiatives. Our store ambassador led Christmas recycling workshops and shared with shoppers on how to create Christmas cards and ornaments with foam fruit nets and other reusable materials. The attendees' enthusiasm encouraged us to explore more workshop options. Other workshops were held for coffee ground scrubs, eco-enzymes and odour-absorbing teabags, and an environmental-friendly bag is given to all those completing the workshop!

The Food Angel Pop-Up Store is a platform to share and exchange ideas on upcycling, aiming to encourage citizens to recycle and upcycle edible surplus food and items. Food collection boxes are set up on-site, please support and donate dry food with intact packing which is 4 weeks before expiry. These items will be distributed to the needy after collection.



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