



## 善心店主芋圓送暖

惜食分享, 快樂就是如此簡單。惜食堂近日收到由善心店主在結業之際捐出的一批芋圓。

有見近日天氣轉涼, 惜食堂廚師團隊隨即想到製作暖呼呼的薑汁芋圓蕃薯糖水, 為每日前來惜食堂社區中心用膳的長者們, 送上飯後驚喜甜點。

看到同事盛出一碗碗色彩繽紛的芋圓糖水, 長者接過後臉上不禁露出甜絲絲的笑容, 既甜且暖。

感謝店主支持惜食理念, 關愛社會上有需要人士, 願你迎來更好發展。



## 萬蛋同慶日本雞蛋日

日本蛋相信大家吃過不少, 原來每年的11月5日被定為日本雞蛋日, 旨在向大家推廣雞蛋的美味和對健康的益處。適逢日本雞蛋日, 有捐贈商向惜食堂捐出10,000隻日本產雞蛋, 與眾同慶。

在云云的蛋料理當中, 廚師團隊選用了蒸煮的烹調方式, 加入香菇和肉碎, 使其清淡而不失風味, 營養又美味。

如此鮮嫩滑口的雞蛋, 也深得長者們的歡心, 他們頓時胃口大增, 紛紛一碗接一碗添飯。



# 蜜蜜餸 · 蜜蜜幫



此計劃一大特色是招募服務使用者成為金齡義工大使，鼓勵較年輕的長者與我們攜手關心社區，協助將膳食以外展形式派發及年紀較大或行動不便的會員，以創建鄰舍互助的關懷網絡。

「豐膳蜜蜜餸」社區計劃由滙豐銀行慈善基金全力支持，為有需要的長者提供速凍餐，支援他們膳食及生活上的需要。按個別長者情況，速凍餐可透過自助提取機取餐，或以外展形式派送到家。

現時，自助提取機分別設置於觀塘區的平田村及葵青區的青衣村，方便基層長者領取食物。

自助提取機採用長者友善設計，操作簡單易用，每次取餐只需帶備八達通及保溫袋，並於指定時段取餐，切合長者規律的生活，確保食物能安穩送到他們的手中。

「豐膳蜜蜜餸」社區計劃並不止提供餸菜，惜食堂亦會按需要為服務使用者提供其他支援服務，如外展探訪、簡單家居維修、健康檢查等，藉此連結社會資源，加強長者與社區的聯繫及擴闊支援網絡。

陳女士是位相當主動和可靠的義工，當有需要時，她總會第一時間挺身而出。她這顆熱熾的助人之心原來於多年前已經燃起，早於年輕未結婚前她已開始於不同機構做義工，貢獻社會。「幫到人好開心。」就是簡單的一個原因便驅使她做了多年義工。

作為「豐膳蜜蜜餸」的金齡義工，她表示有更多機會與其他長者交流「傾偈」，除了為生活增添色彩，亦因而結識到更多朋友。從金齡義工大使與其他服務使用者的喜悅，「讓施與受同享豐盛生命」的惜食堂願景正得到實踐。

# 「惜食堂賽馬會食品製作中心」 奠基典禮

惜食堂賽馬會食品製作中心奠基典禮標誌著全新的食品製作中心建築工程順利展開。

典禮儀式由香港特別行政區行政長官李家超先生、發展局局長甯漢豪女士、香港賽馬會主席利子厚先生、「惜食堂賽馬會食品製作中心」督導委員會成員兼惜食堂董事局成員歐陽伯權先生及蘇彰德教授、惜食堂主席梁錦松先生及創辦人董愛麗女士主禮；近百名該中心的主要持份者一同見證惜食堂的新里程碑。

厚蒙香港特別行政區政府批出於沙田多石街一幅短期租約用地予惜食堂，並撥款六千萬港元資助興建樓高三層的「惜食堂賽馬會食品製作中心」。

由於工程預計耗資逾3億港元，惜食堂有幸獲香港賽馬會慈善信託基金捐助興建及設備費用，讓惜食堂得以合併分散於4區的生產設施，集中資源、提升效能。



新的食品製作中心致力提升惜食堂的廚房效能，向更多基層市民，特別是長者提供食援助，以滿足他們生活所需。



## 2023 惜食饅愛感謝宴

為感謝各界人士鼎力支持，惜食堂於9月28日舉行「惜食饅愛感謝宴」，邀請一眾贊助、捐贈及合作伙伴聚首一堂，品嚐由惜食堂運用剩食製作的飯餐。

我們很榮幸邀請了環境及生態局局長謝展寰先生以及勞工及福利局局長孫玉菡先生擔任主禮嘉賓，並為大會頒發「米仔」感謝座予各合作伙伴，以感謝他們對惜食堂的支持。

活動中設有互動展覽區，讓來賓可試用食物提取機及智能食物捐贈機，體驗智能化服務。惜食堂社區中心的八位老友記更與歌手林奕匡一同獻唱「月亮代表我的心」答謝來賓，場面令人感動。

期望更多機構、團體以至個人支持惜食堂，讓我們提供多元化的貼心服務，以滿足服務使用者的需要。



# 《豐膳罐愛心》

今年惜食堂《豐膳罐愛心》承蒙滙豐銀行慈善基金全力支持,透過三部曲傳達「一罐一膳心,將愛與關懷送給社會上有需要人士」的理念,並成功籌得罐頭及善款以協助製作超過20萬份營養膳食!

10月率先舉行《罐注愛行動》,透過互動展區及工作坊啟發市民珍惜資源揭開三部曲的序幕。

緊接11月舉行罐頭藝術裝置展覽,於希慎廣場及利舞臺展出四件以罐頭食品組裝成的巨型展品。同時更有十七間學校參加校際網上比賽,近七萬名市民參與投出最喜愛的罐頭裝置。



為感謝各贊助機構、參加隊伍及義工們熱心參與,惜食堂特以於12月5日假稻鄉飲食文化博物館舉辦《名廚罐膳心》午宴。

並邀請了六位享負盛名的廚師,以罐頭食物煮出六道星級美饌,讓活動的持份者及一班長者共饗創意佳餚。

秉承《豐膳罐愛心》的理念,推廣惜食文化同時讓施與受共享愛,為《豐膳罐愛心》整個活動畫上完美的句號。

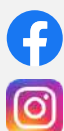
惜食堂衷心感謝多個機構及團體贊助及支持《豐膳罐愛心》,包括  
冠名贊助:滙豐銀行慈善基金;  
場地贊助:希慎興業有限公司及稻香集團;  
技術顧問:呂元祥建築師事務所;  
活動贊助:金寶食品香港有限公司、Giving Love及華聯集團;  
其他贊助包括:Lyondell Basell、和悅會及永福建築有限公司;  
支持夥伴包括:靈活聯繫、APAC Intelligence Group Limited、奇盛集團有限公司、蘇麗鐘錶及百佳超級市場;  
物流贊助:Lalamove及百合物流。

## 名廚包括

國際廚藝大師 陳國強先生  
鍾菜館集團總廚 王慶團先生  
法國餐廳主理人 沈依紅女士  
香港菇菌宴宗師 陳小麒先生  
瑞吉酒店米芝蓮二星行政中菜總廚 洪志光先生  
香港萬豪酒店米芝蓮一星中菜大廚 鄧家濠先生



歡迎瀏覽惜食堂  
Facebook、IG及網頁  
以了解更多!



facebook/foodangelHK

Instagram/foodangel\_hk\_official



www.foodangel.org.hk



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



### SWEET SOUP, WARM HEARTS

Cherishing and sharing food brings joy. Happiness is just that simple! Food Angel recently received a donation of taro balls from a kind-hearted shop owner who was closing down his business. With the weather turning cold, this gave our chefs the idea of making warm ginger sweet potato dessert soup with taro balls to surprise the elderly members who come to the Community Centre for meals everyday.

Seeing bowls of colourful dessert being served by our staff, the elderly members couldn't help but smile sweetly. A big thank you to the shop owner for supporting food rescue and caring for those in need. Wishing him a brighter future ahead!

### CELEBRATION OF JAPANESE EGG DAY

We are no strangers to Japanese eggs, but are you aware that the 5th of November is designated as Japanese Egg Day, which aims to promote the deliciousness and health benefits of eggs? In celebration of this special day, a generous donor donated 10,000 Japanese eggs to the Food Angel kitchens to share this nutritious item with the needy.

Among the various egg dishes, our chefs chose to steam the eggs with mushrooms and minced meat to create a light yet nutritious and delicious dish. The tender and smooth texture of the steamed eggs won the hearts of the elderly beneficiaries and boosted their appetite, with many asking for refills of rice.



# GIVING AND RECEIVING AT “HEARTY-MEAL EXPRESS”



A special feature of the programme is the recruitment of beneficiaries as “Senior Volunteer Ambassadors” by encouraging younger seniors to join us in caring for the community. These Ambassadors assist in distributing meals through outreach service to other older members or to those with limited mobility, creating a neighborhood support network for them.

The “Hearty-Meal Express” programme is fully supported by The Hongkong Bank Foundation to provide cook-chill meals to underprivileged elderly people to meet their dietary and daily needs. Depending on individual situations, the cook-chill meals can be obtained either through an automated food dispenser, or delivered to the homes of the elderly beneficiaries through outreach efforts.

Currently, two machines have been set up at Ping Tin Estate in Kwun Tong, and Tsing Yi Estate in Kwai Tsing, close to where many underprivileged elderly people live. To ensure the food can be delivered successfully, the machine adopts an elderly-friendly design and is simple to operate. The meals can be collected at the machine with an Octopus card and a thermal bag during the designated time slot, which accommodates the daily routines of the elderly recipients.

The “Hearty-Meal Express” programme goes beyond providing meals. Food Angel also offers other support services based on individual needs, such as outreach visits, minor home repairs, and health check-ups, to strengthen the bond between the elderly and the community by linking various community resources and expanding their support network.

Ms Chan is one of the ambassadors. In addition to delivering meals to other members, she also assists in the daily operation of the automated food dispenser to ensure a smoother user journey. Ms Chan is a proactive and reliable volunteer. She often steps forward to help whenever needed. Her passion for helping others was ignited years ago.

She started volunteering before she was married, and has been actively participating in different volunteer activities to contribute to society. “It brings me great joy to help others,” she said. This simple reason has motivated her to volunteer over the years. As a Senior Volunteer Ambassador, she said that she had more opportunities to chat with other seniors who live close by, which has added colour to her life and expanded her social circle. The joy experienced through volunteering while obtaining meal service exemplifies Food Angel’s vision of “Enriching lives through giving and receiving”.

# Foundation Stone Laying Ceremony of the “Food Angel Jockey Club Food Production Centre”

The Foundation Stone Laying Ceremony of the Food Angel Jockey Club Food Production Centre marked the successful commencement of the construction of our new food production centre. The ceremony was officiated by The Honourable John KC Lee, Chief Executive of the Hong Kong Special Administrative Region; Ms Bernadette Linn, Secretary for Development; Mr Michael Lee, Chairman of The Hong Kong Jockey Club; Mr Rex Auyeung & Professor Douglas So, Steering Committee Members of the Food Angel Jockey Club Food Production Centre & Board Members of Food Angel; Mr Antony Leung, Chairman of Food Angel and Ms Gigi Tung, Founder of Food Angel. More than 100 key stakeholders attended the ceremony and witnessed this new milestone for Food Angel.

Thanks to the generous support of the HKSAR Government, who granted a short-term tenancy site at To Shek Street, Shatin, and approved a budget of HK\$60 million to support the construction of the three-storey food production centre. With an estimated cost of over HK\$300 million, Food Angel is honoured to receive additional financial support from The Hong Kong Jockey Club Charities Trust for construction and equipment costs, facilitating the centralisation of four geographically scattered production units.



This new facility will enable Food Angel to pool resources and enhance efficiency, significantly expanding its production capacity to provide food assistance to underprivileged communities, especially the elderly.



## Thanksgiving Luncheon 2023

To express gratitude for the support from various sectors, Food Angel hosted a thanksgiving luncheon on the 28th of September, and invited our sponsors, food donors and partners to enjoy a meal prepared by the Food Angel kitchens using rescued surplus food. We were honored to have invited Mr Tse Chin-wan, Secretary for Environment and Ecology, and Mr Chris Sun, Secretary for Labour and Welfare as guests of honour. They presented the Rice Boy trophies of appreciation to our partners to thank them for their great support of Food Angel.

The event featured an interactive exhibition area where guests could try the automated food dispensers and Food Smart Buddy food donation machines, experiencing the convenience of smart services. In addition, eight elderly members from our Community Centre singing group performed the famous tune "The Moon Represents My Heart" with guest singer Phil Lam to express gratitude to the guests, creating a touching atmosphere. We hope that more organizations, groups and individuals will support our food rescue and food assistance services, allowing us to provide more diverse and thoughtful services to meet the needs of the community.



# CANSTRUCTION<sup>®</sup> HONG KONG EVENTS

This year, Food Angel's "Canstruction HK 2023" campaign conveyed the idea of "One can make a difference" in a three-event series. We are especially grateful for the full support from The Hongkong Bank Foundation, helping us to raise a tremendous number of canned food and donations, enough to produce over 200,000 nutritious meals!

The campaign kicked off with "CAN Week" in October which showcased an interactive exhibition and eco-workshops to encourage the public to cherish food resources. Following that, an art installation exhibition was organized in November to display four mega structures built with cans at Hysan Place and Lee Theatre Plaza. In addition, 17 schools participated in the Canstruction Junior online competition, with nearly 70,000 citizens voting for their favourite canstructure built by the school teams.



To express gratitude to the sponsors, participating teams and volunteers, Food Angel held a "Canstruction HK 2023 Gala Luncheon" at Tao Heung Museum of Food Culture on the 5th of December. Six renowned chefs were invited to create six unique gourmet dishes using canned food for the event guests and a group of elderly members from the Food Angel Community Centre.

Embodying the concept of sharing love while cherishing food resources, this luncheon served as the perfect conclusion to the "Canstruction HK 2023".

Food Angel sincerely gives thanks to all supporting organizations for their great support to the series of "Canstruction HK 2023" events, including

Title Sponsor: The Hongkong Bank Foundation,

Venue Sponsors: Hysan Development and Tao Heung Group,

Technical Adviser: Ronald Lu & Partners,

Event Sponsors: Campbell Foods HK Ltd., Giving Love, UCP Group,

Other Sponsors: including Lyondell Basell, Woopie Club, and Wing Fook On Yip

Construction; Supporting Partners including Link Work, APAC Intelligence Group Ltd, Kee Shing Holdings Ltd, Zurich Watch Company Ltd, and PARKnSHOP Supermarket;

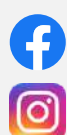
Logistics Sponsors: Lalamove and Lily Transportation Ltd.

## THE STAR CHEFS

- Chef Chan Kwok Keung, International Master Chef
- Chef H. T. Wong, Senior Chef at Chung's House
- Chef Esther Sham, owner of Maison ES and Ta Pantry
- Chef Chan Siu Kei, Mushroom-themed Feast Master in Hong Kong
- Chef Hung Chi Kwong, Two-Michelin-starred Executive Chinese Chef at The St. Regis Hong Kong
- Chef Jayson Tang, One-Michelin-starred Executive -Chinese Chef at JW Marriott Hotel Hong Kong



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



facebook/ foodangelHK

Instagram/ foodangel\_hk\_official



www.foodangel.org.hk



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