



NEWSLETTER 2019 WINTER

感謝 2019年 同行



感激大家無私的付出，願再沒有飢餓和浪費，只有喜樂及歡笑。

Thank you for your selfless dedication!

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2019年，是對惜食堂特別重要的一年，因為邁向新的里程碑。我們推出多個新項目，增加服務多樣性，為慈善機構伙伴及服務使用者帶來靈活具彈性的服務選項。同時，深化現有的服務，期望有更多人士受惠。中央食物製造廠—豐膳坊於今年1月份投入服務，廠房實施ISO 22000食品安全管理體系，主要負責生產「速凍」系列飯餐、湯水及粥品，新廠房能夠協助提升飯餐生產量及提高營運效率。同時，惜食堂推出「速凍飯餐食物關愛計劃」，由於速凍食物保質期長達四天，令受惠者的用餐時間靈活自主，可望新計劃能擴大受惠社群。飯餐生產量提高後，惜食堂積極拓展新服務地點，讓更多不同社區人士受惠。繼去年推出第一間位於黃大仙的學校社區飯堂後，在今年初，再有兩間學校參與此計劃。不但校盡其用，還可以將社區不同的人聯繫在一起。此外，惜食堂在6月推出了一項名為「惜食分餉食物回收及援助計劃」，主要服務缺乏資源或未有提供食物援助的地區，如較偏遠的村落或新發展的社區等，安排專車派發食物、物資及提供服務予當區有需要的獨居長者及低收入家庭。我們整個團隊衷心感謝所有持份者，靠著您們的支持和付出，才令惜食堂有能力為社會出一分力，實踐「停企浪費·解決飢餓·以愛相連」的使命。期望在2020年，惜食堂能拯救更多仍可安全食用的剩食，製作更多營養均衡的膳食，提供更優質的服務，讓社會更充滿愛。

月嬋的續集

月嬋 - 大家還記得她嗎? 她就是四年前在黃子華所拍攝的一部名為「黃子華行樓梯」短片內的主人翁。當時月嬋婆婆獨居於唐九樓天台屋，室內設備簡陋：沒有床架、沒有廚房、沒有洗手間，由於是鐵皮搭建，晴天時悶熱翳焗，雨天時則多處漏水。她每天都風雨不改走到街上四處執拾紙皮以賺取微薄的收入過活，生活艱苦。朋友不多的她，唯一的「樂趣」就是到惜食堂社區中心，與中心內同事、義工及老友記聊天，看看電視節目，吃飯後便回家休息，月嬋視惜食堂是她第二個家。

四年後的今天，月嬋發福了少許，可能少了做「運動」吧！因為她已獲派公屋，不再需要走九層樓梯回家；她亦得到政府的生活資助，不再需要到處執紙皮為生。雖然生活改變了，但沒變的是，月嬋依舊準時來到惜食堂社區中心吃飯，她仍然喜歡以半鹹淡的廣東話與人聊天，她依舊視惜食堂是她的家。月嬋，妳知道嗎？我們看到妳時常笑咪咪，不再為生活、為兩餐而奔波及擔憂，也感到滿足、快樂及豐盛。



周大福珠寶集團外展送飯計劃

周大福珠寶集團贊助惜食堂開展社區外展送飯服務，主要服務對象為居住在唐樓的獨居老友記，計劃更聘請區內婦女成為外展天使，提供送飯服務。

同時，周大福慈善基金推行一個名為「愛·關懷·行動」計劃，旨在解決老友記的起居問題。外展天使或社工在送飯期間，如發現老友記在日常生活上需要額外援助，例如：加添棉被、滅蟲、家居維修等，均可以向此計劃申請已有112名老友記受惠。

其中一個個案是一名68歲的陳伯伯，他獨居於深水埗劏房多年，其居住環境非常惡劣。

外展天使在送飯時發現陳伯伯家中有很多木蟲，加上室內密封，夏天時，有如焗爐般悶熱，故需開啟冷氣機以減輕熱度，但奈何冷氣機殘舊不堪，即使開啟著，空氣仍然不流通，令有嚴重哮喘問題的陳伯伯每個晚上受到木蟲困擾之餘，亦呼吸不順，難以入眠，以致白天總是沒精打采。

有見及此，惜食堂社工替陳伯伯向「愛·關懷·行動」計劃申請資助，計劃人員立即安排安裝新冷氣機及進行滅木蟲工作。陳伯伯一想到從此每晚可以舒適入眠，終於鬆一口氣，展露了其難得一見的燦爛笑容。惜食堂會繫著社會不同的慈善機構及善心人，向有需要人士提供飯餐以外的服務，務求做多一點，愛多一點點。





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THANK YOU FOR YOUR SUPPORT IN 2019!



2019 is an important year to Food Angel as we have reached a new milestone.

To improve the diversity of our service, we have launched a series of new programmes, which greatly enhanced the flexibility of both charity partners and beneficiaries, as well as widened our service scope, reaching to more people in need of food assistance.

JAN- LAUNCH OF HARVEST MILL

Harvest Mill is a Central Food Processing Centre adopting the ISO22000 food safety system, aiming to raise our efficiency and productivity. Its main duty is to produce cook-chill meals, soups and porridge. With the new production method and equipment available, Food Angel launched the 'Cook-chill Food Care Programme', leading to greater flexibility in consumption time for the beneficiaries, as the cook-chill meals can now be stored up to four days after production date.

MARCH- + 2 SCHOOL CANTEENS

With increased production capacity, we are expanding to reach new districts in hope to benefit more people. Following the launch of our first community school canteen in Wong Tai Sin district in 2018, two new schools joined the programme earlier this year. In addition to fully utilizing the vacant school spaces, the programme strengthened the bonding between the neighborhoods around the schools.

JUNE- FOOD STATION PROJECT

A new "Food Station Project" was launched, aiming to provide assistance to areas without sufficient resources, such as remote villages and developing communities, i.e. in Sheung Shui. Special vans will be arranged to deliver food and other resources to the elderly and low-income families in need of help in the area.

The Food Angel team would like to express our deepest gratitude to our sponsors, donors and volunteers. With your support and great efforts, we are able to work towards our mission to 'Waste not . Hunger not . With love'. In 2020, we hope to rescue more edible surplus food, produce more nutritionally balanced meals, and further improve our quality of service to spread more care and love in our community.

Update on Grandma Yuet Sim

You may remember Yuet Sim from Dayo Wong's Food Angel video "Dayo takes the stairs" taken four years ago. At the time, Yuet Sim resided alone in the makeshift 'rooftop flat' on the ninth floor with inadequate facilities, without a kitchen, toilet nor a proper bed frame. As the flat was built with simple metal sheets, it got stuffy during sunny days, and water is leaked on cooler rainy days. Every day, Yuet Sim collected cardboard boxes from the streets to make a living, and life was harsh. With a small social circle, Yuet Sim saw Food Angel Community Center as her second home, as a place she can chat and hang around with the other fellow diners, volunteers and staff.

Four years onward, Yuet Sim has gained a bit of "happy weight", as she has finally been allocated a flat at a public housing estate, so she is spared from taking nine flights of stairs to reach home. She is also eligible to obtain government subsidy, thus she no longer has to collect cardboard boxes to earn a living. Although things have changed for the better, you can still find Yuet Sim at our community centre daily, making accented conversations with her friends there. She still sees the Food Angel community centre as her second home. While some may say Yuet Sim's life is still rather bland, she is grateful and content for her current living, as she knows not to take love and care for granted. Yuet Sim, we hope you know that our hearts are also full with joy and contentment to see your satisfied and worry-free smile every day.



Chow Tai Fook Jewellery Group Limited Community Outreach Programme

Since 2018, Chow Tai Fook Jewellery Group Limited has become a sponsor of the Food Angel Community Outreach Programme. The programme hires local underprivileged women to work part-time as Outreach Angels, delivering meals to the elderly living alone in old tenements without lifts. On these outreach visits, the Outreach Angels will also assess the living conditions of the recipient. If there were any urgent need for assistance, be it an extra blanket, pest control or basic repair services, an application will be made on behalf of the recipient for funding from the Chow Tai Fook Charity Foundation's Community Scheme. Up to now, the Scheme has helped 112 needy upgrade their living conditions.

Among them is Grandpa Chan, aged 68, who was living in a sub-divided flat of squalid conditions in Sham Shui Po. Delivering a meal on an outreach visit, our Outreach Angels noticed that his place was infested with fleas. Summer was even worse when the room was an unbearable furnace and the worn-out air conditioner could not do much. With severe asthma on top of the fleas and the heat, Grandpa Chan could not ever rest properly. As a result of funding from the Scheme, Grandpa Chan got a new air conditioner and pest control service right away. Only then, did we see for a first time, a smile on his face. Food Angel, together with a great variety of sponsors, spreads love and care in our community one step at a time.

