

電子通訊

冬季號 2020



感謝這一年與惜食堂風雨同路的每一位，在困難的日子裡讓社會有需要人士感受到一點點愛與溫暖。惜食堂盼望來年能繼續與您們攜手將愛散播至香港每個角落。在這聖誕佳節，祝大家身體健康！聖誕快樂！



賽馬會逆境同行食物援助計劃： 「自在食」速凍餐自助提取機服務

在新型冠狀病毒疫情下，不同人士生計受到嚴重影響，向惜食堂查詢食物援助的個案有增無減。香港賽馬會慈善信託基金有見及此，聯同惜食堂及五間非牟利機構推行「賽馬會逆境同行食物援助計劃」。為超過合資格人士提供合適的過渡性食物援助，渡過今次難關。惜食堂推行的「自在食」速凍餐自助提取機將放在全港不同地區，提供創新及更具彈性的取餐方式，為不同作息時間的人士提供食物援助服務，以紓緩因疫情衝擊而導致的經濟壓力。申請人經社作出審核後，會獲派會員卡乙張，憑卡上之QR code可以到食物提取機領取速凍餐。回家後，用電飯煲、微波爐、鑊等等加熱後即可食用。計劃至今幫助到很多人受疫情影響的人，以下就是其中兩個個案：

陳小姐(49歲)是一位單親媽媽，育有一子一女，一家三口租住於深水埗區唐樓。任餐廳侍應的她是家中唯一收入來源，但最近因疫情關係，餐廳受限聚令影響而需提早關門，導致陳小姐開工不足而收入減少。面對每月最大開支租金，另外加上子女的學習支出，經濟壓力十分沉重。「自在食」可以讓陳小姐一家「慳得一蚊得一蚊」，省下來的有一些金錢幫補其他開支。

陸先生(55歲)獨立自主，一個人租住於觀塘的劏房。向來自力更新，他從未申請過援助，但近日因疫情關係而失業，交租金變得困難，而生活變得吃力。加入了「自在食」計劃，彈性的取餐模讓陸先生可選擇在寂靜的晚上才取餐，不用到其他派飯點與別人交際。在劏房有限的煮食條件下，只需要一個電飯煲就可讓陸先生在冬天享用一份熱烘烘的飯餐了！

國泰航空餐派發

隨著疫情持續，受影響的家庭急劇增長，國泰航空捐出超過230,000份航空餐給惜食堂派發給社會有需要人士，不僅可以提供適切的食物支援，更可透過捐贈過剩食物，減少浪費。基層家庭的小朋友尤其喜歡，「原來飛機餐款色有這麼多！我好像去了旅行一樣！」9歲的晴晴高興地說。感謝國泰航空捐出航空餐，在疫情中送上溫飽和關愛。



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原來飛機餐款色有這麼多！我好像去了旅行一樣！



挑戰世界紀錄 跳出愛心無極限

(Stanley) 以挑戰刷新「12小時內跳最多雙腳交替交叉跳」健力士世界紀錄作為「為愛跳動」籌款項目，並於12月19日順利完成挑戰這項創舉！ Stanley得知很多基層家庭於疫情下，不論在生活上、經濟上、精神上都受到嚴重影響，因此希望發揮「有錢出錢、有力出力」的精神，運用自己的專長去支持社會上有需要的人士。



感謝各界支持及參與是次「為愛跳動」活動，為更多受眾能感受每份膳食盛載著一份正能量及充滿愛心的祝福！



E-NEWSLETTER

WINTER 2020



Thank you for walking with us in this year of turmoil and desperation, and for sharing care and warmth to the needy. In the coming year, we hope to continue to spread love to every corner in our community with you. We wish you good health and happiness this Christmas!



Jockey Club Food Assistance Programme “Food at Ease” Automated Food Dispenser cook-chill meal Service

As the COVID-19 pandemic has brought unprecedented challenges and led to growing unemployment and underemployment, Food Angel is receiving a rising demand for food assistance from the public. To support the local community, The Hong Kong Jockey Club Charities Trust launched the “Jockey Club Food Assistance Programme”, in conjunction with five other NGOs to provide transitional and timely relief for people facing financial hardship through a variety of food assistance initiatives. Food Angel launched the “Food at Ease” automated food dispensers service in various districts. This innovative initiative allows for a flexible collection of cook-chill meals supporting those with irregular working hours, and it aims to relieve some financial burden the needy families face. Eligible applicants approved by social workers have distributed a digital membership card. With the QR code, members are able to collect cook-chill meals from the automated food dispensers. The meals can be easily reheated with a rice cooker, microwave, or wok at home. The programme has helped various people affected in the pandemic so far. The following are two of the cases:

Ms. Chan is a single mother who shares a small flat in a Sham Shui Po tenement building with her son and daughter. With her job as a waitress, she acts as a single pillar at home. In the pandemic, she loses a part of her salary as the restaurant has shortened hours due to the social gathering restriction, and she finds it difficult to support her children’s education in addition to the rental payment. The “Food at Ease” programme allows Ms. Chan’s family to spare a few bucks on food and enables some flexibility to spend elsewhere.

At age 55, Mr. Luk enjoys solitude, and he resides alone in a sub-divided flat in Kwun Tong. He takes pride in self-reliance and has never applied for any kind of subsidy. Unfortunately, it has become difficult for him to pay rent as he lost his job in the pandemic. The “Food at ease” programme gives him the flexibility to collect meals later in the night, which exempts him from socializing with other service users in the usual meal distribution points. With the limited space for cooking in the subdivided flat, he can now still enjoy a warm meal with just a rice-cooker in this cooler season!

Cathay Pacific Inflight Meals Donation

Under the pandemic, there has been a great surge in food assistance demand among underprivileged families. To support the needs of these families, Cathay Pacific has donated over 230,000 inflight meals to Food Angel, turning edible surplus meals into valuable resources for distribution to those in need. Children especially enjoyed the inflight meals



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"Wow there are so many in-flight meals to choose from! It feels like I'm on holiday!" said nine-year-old Ching Ching.



JUMP FOR LOVE!

(To support Food Angel's production of free and nutritious meals, fitness coach Mr. Stanley Lo initiated a “Jump for Love” fundraising campaign and has successfully completed his attempt to break the Guinness World Record for “Most Criss-Cross Rope Skips on Alternate Legs” for 12 hours on 19 December! Upon seeing the devastating toll that the pandemic has taken on families in Hong Kong, Stanley decided to take action and use what he does best to benefit those in need.



We are grateful for everyone's support of “Jump for Love”, helping us to bring food, care, and positivity to the needy elderly and families during this challenging period!