



惜食 十二載

12th

惜食堂今年踏入第12個年頭，由收第一盒剩食、做第一盒飯餐，到現時每星期回收45噸剩食、每天製作兩萬份膳食，全賴社會各界朋友的支持及幫助，才能向更多有需要人士提供服務。

2023年，必定是最值得慶祝的一年，所慶祝的並非只為週年紀念，而是為香港以至全球終於捱過3年多的疫情，各方面回復正常，市民亦可回歸生活正軌。

當然，惜食堂亦開始重回疫情前的狀況：食物回收及食物援助服務，以及實體教育工作已大致復常。大家可重見惜食堂貨車穿梭各區大小街道四出回收剩食；街市小巷掠過穿粉紅背心的回收員身影，忙碌地收集善心檔主的蔬菜捐贈；廚房及蔬菜處理中心重現昔日眾志成城的熱鬧氛圍，義工及同事們即使大多數首次見面，但都有著共同的目標——一切好每棵菜、做好每盒餐，讓服務使用者吃得開心又窩心；社區中心雖然仍未能完全恢復疫前的狀況，但老友記終於可除去口罩與朋友於飯前高談闊論或展現笑容。

這些光景在三年前是平常不過的事，但現在並非必然。我們更感恩、更珍惜現時的一切。12剛好是一打、是一年的月份總數、是所有生肖的循環，代表齊齊整整、圓圓滿滿。惜食堂盼望在這12週年，繼續毋忘初心，與大家一同惜食饒愛！



一份食物，一個連繫

三子之母的阿清，因要照顧小朋友，只可做全職的家庭主婦，一家的開支主要是靠丈夫一份不穩定兼微薄的收入支付，加上疫情的打擊，使他們一家雪上加霜。去年，阿清開始到惜食堂社區中心領取食物，稍稍紓緩了他們的經濟壓力。

阿清有一次到中心領取食物時，得悉惜食堂需要外展天使送飯到行動不便的長者家中，她覺得自己有能力及對這項服務有所感動，故此膽粗粗向中心姑娘查詢。由於工作時間正是兒子上學的時間，故一拍即合，很快便正式成為外展天使。每朝早，她與拍檔各自拉著一架載滿食物的保溫車，穿梭於深水埗公屋和唐樓之中，有些長者住唐樓或沒有電梯的舊樓，阿清需要爬11層樓梯才可到達，但她並不覺得辛苦，「我以為自己需要幫助，但原來我微小的力量都可以幫到其他人！」掛在阿清臉上的，是滿足的微笑。

踏入2023年，隨著學校陸續恢復全日制上課，同時適逢我們廚房聘請廚房助理，阿清終於達成她重回職場的願望，她由半職外展天使轉為全職廚房員工，為其他有需要人士準備飯餐。阿清由領取服務，到回饋社會，正正體現了助人自助的精神。阿清期望再踏前一步，將愛傳開至其他有需要的家庭。

由於部分同事來自基層，惜食堂希望他們在工作以外得到多一份關懷，以愛相連。因此，機構為合資格的基層員工提供凍餸包服務，為家庭日常生活締造更好的條件，也讓彼此之間更加強多一層關係。

惜食堂願景

讓施與受同享豐盛生命



點心 · 一點心思 ❤️



疫情影響的，不只是社會勞動中的一群，還有害怕感染而乖乖留家抗疫的老友記。這段困在家的日子，他們暫停了一切社交活動，未能到茶樓茗茶，亦沒有機會與朋友相聚。

惜食堂社區中心於社交距離措施放寬後，恢復部分服務，包括每個月一次的生日會。久別重逢，老友記在派對上和朋友、義工及職員聚首一堂，齊唱懷舊金曲和玩集體遊戲，讓中心充滿著久違的歌聲及笑聲。中心社工知道老友記很久沒有機會到茶樓用膳，特意準備了點心餐盒，祝賀一班長者生辰快樂。而因行動不便而未能親身出席派對的外展服務會員，點心餐盒則由外展天使送上家中，藉著叉燒包、燒賣及菜苗餃，送上真摯的祝福。

感謝香港馬主協會的點心贊助，讓惜食堂能以一點心思，與長者共渡快樂時光。



我們感謝各定期捐助者的支持，
並將於4月底前寄發2022-2023財政年度的收據，
敬請留意。



❤️「惜食餽愛」全賴有您



「惜食餽愛」代表著惜食堂的使命：停止浪費・解決飢餓・以愛相連。

惜食堂全賴一班持份者的支持及捐輸，使我們能透過不同項目，運用回收的剩食，製作成不同食物類別，每天派發超過 3 萬份膳食予社會有需要人士。惜食堂將舉行一連串活動以答謝不同持份者的貢獻，頭炮已於三月中先後舉辦了「惜食餽愛分餉會」及「惜食餽愛感謝宴」兩個活動。

這兩個活動邀請了善長與他們的親友，一同聚首在惜食堂社區中心，讓我們向來賓分享惜食堂在這12年來的轉變及未來發展，如何透過膳食傳送關愛予服務使用者，同時更有一班老友記為大家高歌一曲，以表達謝意。我們更分別安排了體驗坊讓嘉賓了解惜食堂的工作，以及提供剩食烹煮的飯餐及素湯給嘉賓品嚐。

善長們無私的支持，無論是金錢、時間或資源等的付出，都對惜食堂及社會上有需要的人士相當重要。這兩場感謝活動，不僅表達了惜食堂對善長的感激，還加強彼此之間的連繫及距離，在一個充滿愛和關懷的氛圍下圓滿舉行。

惜食堂期待在下一個活動與大家相聚！

感謝各位支持惜食堂！
好開心同大家見面！



2022 效益報告

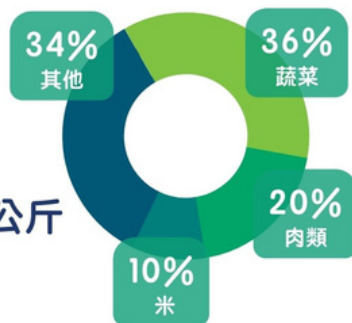


食物回收



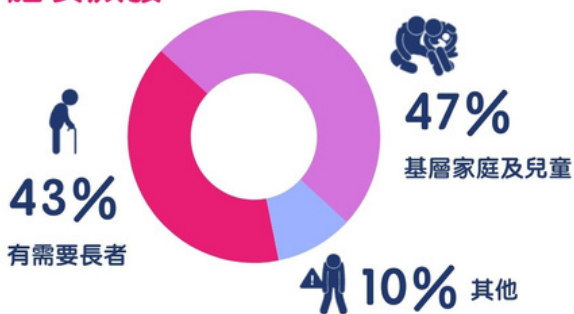
總回收食物量:

1,921,658 公斤



食物援助

膳食派發



協助提供
其他膳食
及食物包:

2,737,721 份

總膳食數量: 4,971,160 份

▶ 244

慈善機構伙伴



惜食教育



24,244
參加者

▶ 336

體驗團 / 講座



參與服務 29,385



義工人次

歡迎瀏覽惜食堂
Facebook, IG及網頁
以了解更多!



www.foodangel.org.hk



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E-Newsletter

SPRING 2023

Cherishing Food for 12 Years

12th

This marks the 12th year of Food Angel, from our first rescued and produced meal box, to rescuing 45 tonnes of edible surplus food weekly and producing 20,000 meals daily, we are grateful for all the support and encouragement received from all around to achieve our mission to provide assistance to more people.

2023 is a worthy year to celebrate, not for our anniversary, but for Hong Kong and the world to have survived the pandemic for 3 long years, and for most things especially people's livelihood to resume normality.

Food Angel's food rescue and food assistance services and physical education work have largely resumed. You can find our food trucks going through streets in various districts collecting surplus food, and our food rescue staff in pink vests passing by wet market allies, busily collecting donated vegetables from kind stall owners.

The atmosphere at the central kitchens and vegetables processing centre is lively again, although most volunteer and staff have met only for the first time, they share the goal to sort and prepare the food ingredients and meal boxes to provide a hearty and warm meal to our service users. The Community Centre may not have fully resumed all services, but our elderly can finally enjoy the meals and a good chat with friends without masks.

All these situations were considered ordinary 3 years ago, but now not so, and it leads us to be more grateful. 12 is a magic number, it is 'a dozen', it is the number of months in a year, as well as a full cycle of Chinese Zodiacs; it connotes a sense of completion and fullness. Food Angel hopes to continue to carry on its mission and deliver food with love in this special 12th year!



Enrich Lives through Giving & Receiving

As a mother of three, Ching is a full-time housewife to care for her kids, and their family's expenses are solely paid by her husband's unstable and meager income, and the impact of the pandemic has further worsened their situation. Ching became a member at the Food Angel Community Centre to receive food assistance last year, which slightly relieved their financial pressure.

When Ching came to our Community Centre for the meal packs, she learned about the recruitment of an outreach staff to deliver meals to the homes of elderly with low mobility. She felt touched to serve, so she made a query with the centre staff. The working hours fit as her sons would be in school, so she took the job and became our Outreach Angel.

Every morning, she and her partner each carried an insulated trolley filled with food, and shuttled among public housings and tenanment buildings in Sham Shui Po. As some of the elderly lived in old buildings without lifts, Ching needed to walk as high as 11 flights of stairs to get to the destination. However, she had a smile and not a frown on her face, and said 'I thought I was the one who needed help, but it turns out I can help others with my limited power!'

In 2023, as the schools resumed full-day classes, at the same time we were hiring a kitchen assistant, Ching finally fulfill her wish to return to work completely, and changed from part-time at outreach service to full-time at our kitchen to assist with meal preparation for the needy.

From receiving to giving, Ching demonstrates the spirit of helping self through serving others. She hopes to take a step further to spread love and care to other families in need.

Food Angel hopes to care for our staff with limited resources. Frozen food ingredients packs are prepared for eligible staff to improve their daily lives, and to strengthen our relationship with these families.



FOOD ANGEL VISION

Let lives be enriched through giving and receiving





A Hearty Celebration with Dim Sum



COVID-19 did not only affect the labour force, but also the elderly who obediently stayed home in fear of infection. Social interaction was limited during this period, and they could not enjoy tea and food at the Chinese restaurants nor meet any friends.

Since the relaxation of social distancing measures, the Food Angel Community Centre has resumed some services, including the monthly birthday party. After a long absence, the elderly members gathered with friends, volunteers and staff, and enjoyed karaoke and group games at the party, filling the centre with songs and laughter.

Knowing that the elderly have not dined out for a long time, the social workers surprised them with a Dim Sum lunch box as part of the celebration. Outreach service members who were unable to attend the party due to limited mobility have not missed out, as the Outreach Angels delivered the Dim Sum boxes to their door, and shared blessings with them through barbecued pork buns, siu mai and steamed crystal dumplings.

We are grateful for the Hong Kong Racehorse Owners Association for the dim sum sponsorship, which enabled Food Angel to celebrate a joyful occasion with the elderly with a special hearty meal.



**We are grateful for the continuous support from all our regular donors.
We will send out the 2022-2023 financial year annual receipt by late April.**



♥ 'Delivering Food With Love' Together



**'Delivering Food with Love' represents Food Angel's missions:
Waste Not. Hunger Not. With Love.**

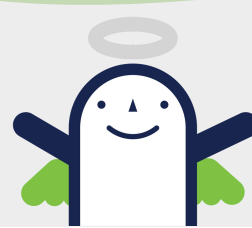
With the generous donations and support from our donors, Food Angel is able to rescue valuable edible surplus food and produce various food items through different services, and distribute over 30,000 meals to the needy in our community daily. To express our deepest gratitude, Food Angel is hosting a series of events to give thanks for the contributions of our stakeholders, kicking start with the 'Delivering Food with Love Together' activity day and 'Delivering Food with Love' luncheon in mid-March.

In the two events, our donors and their friends gathered at the Food Angel Community Centre, where we shared stories and developmental plans of our organization, explained how we deliver care and love to our service users with free meals as means, and our elderly members joined us to perform a song to show our gratitude. Eco-workshops were held to demonstrate our work, and a luncheon with vegetarian soup made from rescued food was offered to the guests.

The charitable contributions of funds, time and resources from our sponsors are extremely valuable to Food Angel and our beneficiaries. The two events have not only allowed us to express our gratitude, it was also an opportunity to strengthen our connections with our donors. The events were filled with love and concluded with joy and a deeper understanding of each other.

We are looking forward to meeting you at our next event!

Thank you for your great support! I'm so happy to see you!



2022 Impact Report

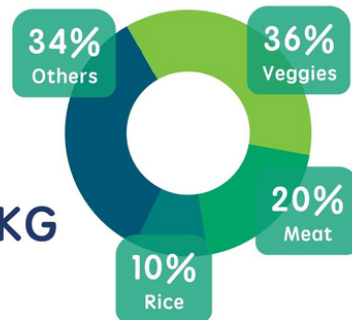


Food Rescue



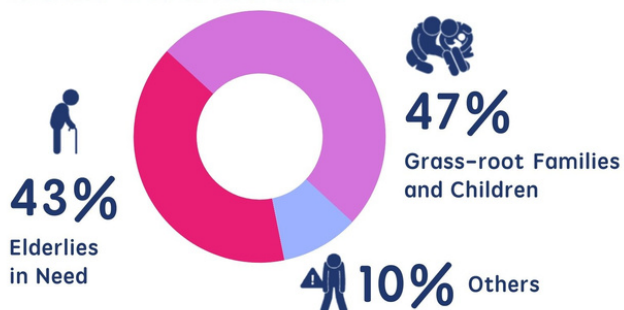
Total Rescued Food:

1,921,658 KG



Food Assistance

Meals Distribution



Distributed Food Packs & Other Meals: 2,737,721 packs

Total Produced Meals: 4,971,160 pcs ▶ 244

Charity Partners



Education



24,244 participants

▶ 336

Tour / Talk



Engaged 29,385 volunteers

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Support Us



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

