

Food Angel Food Rescue and Assistance Programme 惜食堂食物回收及援助計劃

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一盒飯餐 讓弱老不再孤單

公益金資助惜食堂的食物回收及援助計劃，從飲食界回收仍可安全食用的食物，經過嚴謹處理，製作成營養均衡的飯餐送予有需要人士，當中包括年逾九旬的何伯。

何伯獨居於筲箕灣的公屋單位，由於長期病患，不良於行，只能困在百多呎的家。他已沒有直屬親人，幾位好友亦先後離世，只剩下他孤身一人.....

何伯與惜食堂外展人員剛認識時，沉默寡言，心事重重，收到飯餐時，只會輕聲道謝。即使外展人員每次送飯餐及食物包予何伯時，都會嘗試跟他聊天，惜何伯亦只會簡短回應。直到有一天，氣溫高達36度，外展同事汗流浹背地如常來到家中送飯，沉默的何伯說：「那麼熱，辛苦你們了！」自此，何伯開始說出往事及其孤單的感覺。慶幸有惜食堂服務計劃，每星期一至五都有人按他的門鐘，他才重拾存在感，亦感受到關愛及溫暖。在何伯九十歲生日那天，外展人員向他送上蛋糕，含蓄的何伯頓時滿心歡喜地合十許願。

原來一盒飯，不只可以充飢，還是人與人之間溝通的一道門，讓孤單的人從此不再孤單。



More Than a Meal

Funded by the Community Chest and operated by Bo Charity Foundation Limited, the Food Angel Food Rescue and Assistance Programme collects surplus food from different sectors of the food industry. Following strict safety procedures, the salvaged food will then be prepared into nutritious hot meals to serve the underprivileged.

Ho Kwong-tim, a frail old man in his nineties, is one of the beneficiaries. He lives alone in the public housing estate in Sau Kei Wan. Due to chronic illness, he seldom leaves his 100 square feet home. Without any close relatives, Mr Ho has been struggling with loneliness ever since his friends passed away.

When the outreach angels - the volunteer meal deliverers first met Mr Ho, he looked worried and didn't say much. He would only quietly thanked the volunteers. Coming to the door of needy Monday through Friday, the volunteers always spent time for a friendly chat. Yet, Mr Ho only gave short responses.

Until one hot summer day of 36 degree Celsius, Mr Ho finally opened up his heart, "Thanks for coming for me despite the hot weather." Since then he has started to share his stories and his feelings of loneliness.

Now, five days in a week, volunteers coming to deliver him the meals has become a bright spot in Mr Ho's day. He could feel their care and warmth - on his 90th birthday, volunteers brought him a cake to celebrate. Mr Ho was over the moon and unhesitatingly made a wish.

Bringing more than a meal to feed the stomach, the food assistance programme is also a bridge to connect the vulnerable elderly with the community.