

# Enhance Urban Green Project 城市綠洲 (優化) 計劃

機構名稱 : 香港仔街坊福利會社會服務中心  
Agency Name : Aberdeen Kai-fong Welfare Association Social Service Centre  
服務類別 : 社區發展及其他服務 - 社區發展服務及社區中心  
Service Types : Community Development & Other Services - Community Development Services and Community Centres

## 共建社區花園 把綠色融入生活

公益金致力推廣綠色生活，透過資助香港仔坊會推行「城市綠洲(優化)計劃」，鼓勵區內居民共同建設社區花園，推廣可持續發展的環保生活。

周女士自 2008 年起參與本計劃，得資深義工教導園藝技巧，在社區花園學習種植瓜果蔬菜。直到現時，她已能在園藝服務中義務教導參加者有關技巧，也會在花園開放日協助。

周女士受蘭花導師啟發，讓她明白每送出一盆花，就是祝福它找到愛它的主人，亦可讓綠色生活散播到社區每個角落。社區花園是她認識朋友，忘記煩憂的地方。周女士希望有更多義工參與，共同建造美好花園。

## Promote Green Living through Building Community Garden

The Community Chest endeavours to promote green living. Through supporting Enhance Urban Green Project of the Aberdeen Kai-fong Welfare Association Social Service Centre, local residents are encouraged to build a community garden together and increase their awareness of environmental protection and sustainability.

Ms Chow joined the project in 2008, and learned many planting skills in the community garden from experienced volunteers. And now she becomes a volunteer as well to assist and offer her help.

She was once inspired by an orchid expert and learned that with every plot of flower given out, it went with a blessing such that the flower-loving community will grow. The garden has become a little world for her to make friends and throw away her worries. Ms Chow hopes there will be more volunteers to build an even more beautiful community garden together.



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

機構名稱 : 小實慈善基金有限公司  
Agency Name : Bo Charity Foundation Limited  
服務類別 : 社區發展及其他服務 - 其他服務  
Service Types : Community Development and Other Services - Others

## 由一份飯餐帶來的關心及溫暖

現年 89 歲的文伯自太太於 12 年前過身後，便獨自依靠綜援金過活。他的身體狀況日漸衰退，外出時需要拐杖輔助，行動受限。文伯亦需要佩戴助聽器，以致生活上經常面對難以溝通的問題。

幸而惜食堂的外展服務在星期一至五都會送熱飯餐到文伯家中。除了恆常的食物支援，惜食堂亦會於文伯生活需要協助時伸出援手，如更換老舊的電飯煲及燈泡、提供陪診服務等，讓孤苦無依的文伯感受到關心及溫暖。

惜食堂自 2011 年推出食物回收及援助計劃，從飲食界回收仍可安全食用的食物，經過嚴格的處理程序，製作成營養均衡的飯餐免費送予社會有需要人士。於 2013 年，計劃獲香港公益金撥款資助，增加飯餐生產量，從而擴大了受惠人數。一份飯餐雖然微不足道，但「以愛相連」的初心，將人與人的關係緊緊連繫一起。



## Heartwarming Care Brings by A Small Meal

89-year-old Uncle Man lives alone since his wife passed away 12 years ago. He can only live with Comprehensive Social Security Assistance. Nevertheless, with health conditions getting worse over time, Uncle Man has to walk on crutches. Also, he relies on hearing aids, making it difficult for him to communicate with others.

Fortunately, with Food Angel outreach service, hot meals are being delivered to Uncle Man on weekdays. In addition to regular food assistance, it also provides comprehensive support to meet his needs, including replacing old rice cooker, light bulbs and offering outpatient escort service, in hope to enhance his quality of life with heartwarming care.

Food Angel has launched the food rescue and food assistance programme since 2011, rescuing edible surplus food from different sectors of the food industry that would otherwise be disposed of as waste. Following strict safety protocols, the rescued food items will then be sent out as nutritious meals to serve the underprivileged communities in Hong Kong. With the support from the Community Chest since 2013, the scale of meal production has been enlarged to serve more people in need. A small meal may be insignificant, but makes it possible to bring love and care to the beneficiaries.

# Collect, Sort, Redistribute: The FHK Community Foodbank 樂餉社社區食物銀行

機構名稱 : 樂餉社有限公司  
Agency Name : Feeding Hong Kong Limited  
服務類別 : 社區發展及其他服務 - 其他服務  
Service Types : Community Development and Other Services - Others

## 減少食物浪費 分「餉」予有需要人士

樂餉社致力對抗飢餓問題，減少食物浪費。我們每日向食物生產、製造、分銷和零售商收集仍適合食用、但已失去商業價值的剩食，然後經分類、檢查及儲存後，分發給超過 150 間慈善機構，支援社會上的有需要人士。

在第五波疫情期間，因應社區需求急增，樂餉社仍維持營運，並通過緊急援助計劃採購、包裝和分發合共 37,100 個緊急援助食物箱予慈善機構夥伴，支援弱勢家庭、長者的機構。去年樂餉社一共收集 936 噸高質素剩食，減少了 178 萬公斤的二氧化碳排放，送出 388 萬餐膳食予本地食物援助項目。服務受惠者包括低收入人士和家庭、露宿者、長者中心、臨時庇護中心、兒童之家和其他的弱勢社群。

公益金將繼續支持樂餉社的工作，協助保護環境，凝聚社區。



## Reduce Food Waste and Share with Needies

Feeding Hong Kong is a charity with the mission to fight hunger and reduce food waste. The agency collects surplus food that has lost its commercial value or no longer meets sales requirements. The surplus is then sorted, inspected and logged before being delivered to more than 150 charity partners, who in turn, provide food to people in need.

By remaining open and continuing to serve their charity partners as community need spiked during the fifth Covid wave, Feeding Hong Kong sourced, packed, and delivered 37,100 food parcels to frontline charity partners supporting vulnerable families, seniors, and households through the FHK Emergency Covid Response Programme. Last year, 936 tonnes of high-quality food was collected and redistributed to the underprivileged. This helped to reduce 1.78 million Kg carbon emissions and distributed 3.88 million meals, benefiting low-income individuals and families, street sleepers, residents of senior centres, crisis shelters, children's homes, as well as other underprivileged people struggling to afford nutritious meals.

To strengthen community bonding while protecting the environment, the Chest will continue to support the work of Feeding Hong Kong.

# Food For Good Community Chest Tung Tau Community Kitchen Hot Meal Service 齊惜福公益金東頭社區廚房熱食服務

機構名稱 : 齊惜福東頭社區廚房  
Agency Name : Food For Good Tung Tau Community Kitchen  
服務類別 : 社區發展及其他服務 - 其他服務  
Service Types : Community Development and Other Services - Others

## 透過熱食服務 將愛傳播社區每個角落

齊惜福積極推廣綠色飲食文化，透過剩食共享、回收可食用剩餘食材轉化熱食，幫助有需要人士，減少資源浪費。公益金資助的「齊惜福公益金東頭社區廚房」由 2017 年開始運作，每日製作約 800 至 1,000 個飯盒，為黃大仙區的無依老人及有需要人士提供熱食服務。除熱食服務及剩食共享外，亦定期舉辦惜福教育講座，將珍惜食物的理念分享給大眾。

65 歲的明哥原為職業司機，約 10 年前遇上意外導致永久傷殘，康復後曾任清潔工人，但因健康問題而辭職，需定期覆診。明哥及太太現主要依靠傷殘津貼維生，亦會執紙皮和膠樽幫補家計。

明哥 4 年前成為「齊惜福公益金東頭社區廚房」會員，每日會去社區廚房領取飯盒。熱食服務及剩食分享不但減輕明哥的經濟負擔，亦令他結識了不少義工朋友，經常一起參加社區廚房舉辦的工作坊學習製作天然乾燥劑，增加環保生活知識；又會與附近教會的義工隊定期探訪區內人士，回饋社會。

## Hot Meals Bring Care to the Community

Food For Good is dedicated to promoting green food culture, food cherishment and food waste reduction. It reduces food wastage by sharing surplus food and preparing nutritious hot meals to the needy. Funded by the Community Chest since 2017, the Food For Good Tung Tau Community Kitchen prepares 800 to 1,000 hot meals per day for Wong Tai Sin elderlies and people in need. It also organises workshops and educational talks regularly to promote food cherishment.



Ming Gor, aged 65, lives with his 60-year-old wife. Ming Gor used to be a driver. About 10 years ago, he had an accident and became permanently disabled. He attempted to resume employment as a cleaning worker but he had to stop working again due to his health condition. Ming Gor needs regular ophthalmology and neurology follow-up. Ming Gor relies on the Disability Allowance and small proceeds from picking up carton boxes and plastic bottles.

Ming Gor became a member of the community kitchen 4 years ago. He picks up the meal box every day, which has reduced his financial burdens and bring convenience to his life. After joining as a member, Ming Gor made friends with Food For Good volunteers, participated in workshops to learn how to make natural desiccants and gain new knowledge on environmental protection. He joined the volunteer team at a nearby church to visit people in the vicinity and contributes to the community.



# hc: Farm 匡智環保農莊

機構名稱 : 匡智松嶺村  
Agency Name : Hong Chi Pinehill Village  
服務類別 : 復康及善導服務 - 弱智人士服務  
Service Types : Rehabilitation & Aftercare Services - Services for the Mentally Handicapped

## 藉園藝課程找回工作與生活的平衡

安淇於匡智社會企業轄下的餐廳任職店務助理，每天繁複的工作為她帶來不少壓力。藉著參加公益金資助的匡智環保農莊園藝體驗課程，學習植物觀賞、盆景種植等技巧，透過視、聽、味、觸及嗅覺去接觸大自然，以紓緩平日的工作壓力。

她學習園藝時非常專心，尤其對種植香草類特別感興趣，因為很多香草均能入饌，例如迷迭香可焗魚柳、香草可煲綠豆糖水、斑蘭葉可作糕點等，這些知識對其餐飲業工作很有幫助。環保農莊提供舒適、自然的環境，讓參加者互相交流，安淇亦會主動與其他參加者分享種植盆栽的心得。



安淇表示園藝能令她有平靜的感覺，有助她放鬆心情，減輕壓力，找回工作及生活平衡的健康節奏。

## Finding Work-life Balance through Gardening Course

Goddess works as a shop assistant in a restaurant under Hong Chi Social Enterprises. She always feels stressful after a long day work. By participating the hc: Farm gardening experience course supported by the Community Chest, Goddess learned plant ornamenting and bonsai planting, and get in touch with nature through sensory exposure of vision, hearing, taste, touch, and smell, so as to relieve daily pressure.

She is very attentive in her learning, especially interested in herbs planting because many herbs are good cooking ingredients. For example, rosemary can be used to bake fish fillets, herbs can be mixed with mung bean soup, and pandan leaves can be applied in pastries. The knowledge is useful for her work in the catering industry. The farm provides a comfortable and nature friendly environment, Goddess always take the initiative to share her tips for growing potted plants with other participants.

Goddess finds her inner peace during gardening, feels relax and achieves work-life balance.



# Community Resources Recycling and Repairment Project 物盡其用愛維修

機構名稱 : 聖雅各福群會  
Agency Name : St. James' Settlement  
服務類別 : 社區發展及其他服務 - 社區發展服務及社區中心  
Service Types : Community Development & Other Services - Community Development Services and Community Centres

## 助人自助 重拾生命意義

15 年前，冼先生在 27 歲時經歷嚴重意外，導致身體嚴重受傷，需要住院半年。經歷人生低潮，住院期間他經常感到悲傷及絕望，認為自己下半輩子需要靠坐輪椅度日，從此成為殘疾人士。

其後，冼先生接觸到由公益金資助，聖雅各福群會推行的「物盡其用助社群」(現名：物盡其用愛維修)，一直擔任傢俬配對義工至今，負責管理二手傢俬的捐送工作。冼先生表示作為捐贈者及受贈者之間的橋梁，將二手傢俬配對給有需要的基層街坊，運用知識、口才及善良的精神服務群眾，感到非常滿足和欣慰。亦因為該計劃，冼先生認識了其他義工朋友及不同社區資源，協助他建立新的社交網絡及支援。

在經歷人生重大轉變後，冼先生透過成為計劃義工服務基層，重新獲得生命的意義，助人自助，豐富人生閱歷。



## Regain the Meaning of Life through Helping Others

15 years ago, Mr Sin had a serious accident at 27-year-old and was seriously injured. Since then, he had to attend physiotherapy regularly and felt very sad and frustrated. He thought that he would be a disabled person for the rest of his life.

Later, Mr Sin approached the Community Resources Recycling and Repairment Project coordinated by St. James Settlement and funded by The Community Chest. He became a volunteer of the project serving grassroots in the society by providing matching services between the second-hand furniture donors and recipients. He got lots of self-satisfaction and was grateful that he got the strength and ability to help others. Through the project, he got acquainted with a lot of volunteers, friends and community resources, which helped him to build a new social network and support.

After experiencing a major change in his life, Mr Sin regained the meaning of life by serving and helping others, and enriching his own life at the same time.

