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A Helping Hand 善心膳食

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As we all learn to adjust and overcome the challenges of the COVID-19 pandemic, chefs, restaurateurs, hospitality companies and organisations around the world are finding ways to help and support the most vulnerable during these times. 在我們忙於克服新冠肺炎疫情所帶來的種種挑戰之際，全球各地的廚師、餐廳老闆、酒店品牌和各種機構已設法幫助在疫情中陷入困境的弱勢社群。 **By Fontaine Cheng**

A Helping Hand

善心膳食

The F&B and hospitality industries have taken a hard hit during the COVID-19 pandemic. Forced to become more creative, businesses everywhere have had to adapt simply to survive. While some companies are stepping up to the challenges extremely well, others struggle to stay afloat – and some, sadly, are unable to carry on.

Globally, a growing number of people face unemployment, homelessness and hunger – prevalent issues that have been further heightened from today's social and economic adversities. More than ever, this is the time to spread awareness and support those in need, and many chefs, restaurants, hospitality brands and organisations in Hong Kong and beyond, have stepped up to the plate to successfully do this.

From lending a helping hand, to providing groups with the means to get by, the response from the industry has been impressive to say the least. It goes without saying that banding together is the most important task right now, and with such vast support and positivity so evident we remain hopeful for the future of hospitality.

Feed the Hungry

A prime example of Hong Kong's resilience is The Upper House, a small luxury hotel run by the Swire Group in Pacific Place near Admiralty. Giving back to the local community through its 49th-floor restaurant Café Gray Deluxe, The Upper House is working with the non-profit organisation Foodlink Foundation to donate meals to disadvantaged groups and communities that have been affected by the COVID-19 pandemic. Founded in 2001, Foodlink Foundation has continuously been dedicated to fighting hunger, building self-sufficiency and fostering nutritional wellness among those in need.

With The Upper House's new initiative, for every online food delivery made to customers, an additional HK\$50 minimum can be added to buy a food-support bag for the needy, which contains rice, noodles, canned food, soup and hand sanitizer among other items.

在新冠肺炎疫情肆虐的日子，餐飲及款待業備受重擊。全球各行業都必須靈活變通，設法維持業務運作，掙扎求存。在逆境下，當部分公司只能勉強維持甚或無以為繼時，有公司卻能克服重重困難，成為逆市奇葩。

全球各地均面對嚴峻的社會和經濟困境，越來越多人因此陷入失業、無家可歸和捱飢抵餓的窘況。在這樣的艱難時期，關注及幫助有需要的人尤其重要，香港以至世界各地均有許多廚師、餐廳、酒店品牌和機構自動請纓，發揮濟困扶危的精神。

餐飲業界在困境裡向有需要的人伸出援手，或向他們提供生存的方法，表現讓人刮目相看。業內團結一志的重要性在當下而言更是不言而喻，而就目前所見的大量支援和積極態度，我們大可對餐飲酒店業的未來保持樂觀。

食物支援

在香港，太古集團旗下位於金鐘太古廣場的精品豪華酒店「寓居」可說是當中的佼佼者。酒店與本地非牟利機構「膳心連」合作，回饋社會，透過位於酒店49樓的餐廳Café Gray Deluxe向受新冠肺炎疫情影響的弱勢團體和社群捐贈食物。成立於2001年的膳心連基金一直致力對抗飢餓問題，協助有需要人士建立自給自足的能力，並促進他們對食物營養的關注。

寓居的新計劃容許客人每次進行線上訂購外賣時，可最少捐出50港元，以購買含有米、麵、罐頭食物、湯和搓手消毒液等的食物支援包，援助有需要的市民。

除此之外，寓居亦與香港唐氏綜合症協會合作，特別在社交限聚令生效期間，給唐氏綜合症患者及其家人提供支援。舉例說，在中心居住的唐氏綜合症人士可能無法與照顧者一起外出散步或用餐，同樣，中心也會限制探望的親友人數，減少他們與外界的接觸。

作者撰寫本文之時，寓居已向有關人士送出600份Café Gray Deluxe飯餐。下榻酒店的住客也有機會共襄善舉，透過酒店住宿套餐慷慨捐款，酒店會向客人回饋與捐款相應的服務。

Delicious fare at the Eaton Hotel's signature eatery Flower Years
逸東酒店招牌餐廳花樣年華的美味佳餚



The hotel is also working with the Hong Kong Down Syndrome Association to support those affected by the genetic disorder, as well as their families, particularly with the new social distancing laws. For instance, those staying in centers may be unable to leave for regular walks or meals with their caretakers, and equally, the center may limit the number of family visits to prevent outside contact.

At the time of writing, The Upper House had delivered 600 Café Gray Deluxe meals directly to them. The hotel offers guests the opportunity to contribute to the cause through donations that can be added to their room package, which the hotel will then match in credit to use during their stay.

Across the harbour in Kowloon's Jordan district is another hospitality brand helping to feed the city, Eaton HK. The boutique hotel, operated by the Eaton Workshop brand created by Katherine Lo, has launched a pay-it-forward meal programme that enables their Food Hall visitors to donate extra meals to their order.

The initiative aims to provide freshly made hot meals to those from lower-income groups via a meal-credit scheme – the credits, which are bought by a customer, are held until they're claimed by those who need them. The restaurants, which are located in the Food Hall and include Eaton's signature eatery Flower Years, the Vietnamese restaurant Fühn and Souper Kitchen, are participants in the programme who will also donate meals daily.

Eaton HK recently opened one of its event spaces, the second-floor ballroom, to provide a safe and clean space for people who have nowhere to go to eat their lunch during public gathering restrictions, which limit the number of diners per table. The hotel also participates in the Water for Free programme and recently teamed with social enterprise Sister Bento to distribute meal packages to underprivileged local families.



Other food charities including Feeding Hong Kong, which have been helping the city's most vulnerable since 2011, have set up virtual food drives to collect donations and have even partnered with companies like Asia Miles to convert unused air miles to fund meals for low-income families. Another is non-profit organisation ImpactHK, who focus mainly on helping the homeless and are also offering a safe space to eat at a drop-in-centre called The Guestroom. The charity is also looking to open a restaurant that will offer jobs to street dwellers and serve meals to the vulnerable, too.

Elsewhere in the world, we have also witnessed chefs and restaurateurs using this time to help others, which is particularly touching, given the struggle they face. Hannah and Marian Cheng, owners of Mimi Cheng's in New York City, launched Dumplings for Doctors through a GoFundMe page, in which they have raised more than US\$49,000 to feed the city's tireless hospital workers. Telecommunications company Verizon clocked their work and sponsored an additional 300 meals a day. Each week, the Cheng sisters were delivering 2,600 meals to doctors and nurses, even including handwritten notes thanking them for their service.

In Bangkok, Chef Deepanker Khosla has continued to cook throughout the pandemic. But instead of serving the Wagyu katsu sandwiches and caviar-topped hors d'oeuvres that have made Neo-Indian restaurant Haoma famous, he and his team served up hundreds of banana leaf rice meals with vegetables spiced with ginger and turmeric to boost immunity, and fed them to the hungry and homeless.

Khosla credits Spanish chef José Andrés – who brought the sharing plates concept to the US – as his inspiration. Andrés spent lockdown trying to feed American children dependant on free school lunches. Since these were no longer being served when schools closed, he mobilised teams of thousands to cook and deliver food to kids in the poorest parts of the country.

位於維多利亞港對岸九龍佐敦區的香港逸東酒店同樣以食物回饋社會，這間由羅寶璣創辦的Eaton Workshop營運的精品酒店，推出了「美味共享」計劃，鼓勵光顧酒店美食廣場Food Hall的客人購買待用餐，捐贈給有需要的市民。

顧客可透過計劃購買待用餐，留待有需要的人領取，為低收入人士提供熱騰騰、新鮮炮製的飯餐。Food Hall裡有多家餐廳，包括有逸東招牌餐廳花樣年華、越南餐廳Fühn及靚湯廚房等。上述三間餐廳除了參與待用餐計劃外，亦每天捐出一定數量的免費飯餐。

最近，當社交限制令規定餐廳每桌不能超過指定人數同枱吃飯時，香港逸東酒店更開放二樓的宴會廳，讓無處可去的人有一個乾淨安全的空間享用午餐。此外，酒店亦積極參與「全城撲水計劃」，近來更與社會企業「絲打便當」合作，向基層家庭分派愛心食物包。

其他為香港市民提供食物支援的慈善團體還包括「樂餉社」。該慈善機構從2011年起透過「食物援助眾籌」，為最弱勢的社群提供基本食物。樂餉社亦與私人公司合作，其中，亞洲萬里通的會員可將未用的里數變成餐膳，支援低收入家庭。非牟利機構ImpactHK則主要為露宿者提供協助，包括開放旗下服務中心The Guestroom，為有需要的人提供安全的進食空間。他們正打算開辦餐廳，為露宿者提供就業機會，以及為弱勢社群提供餐膳。

香港以外，廚師和餐飲老闆也發揮助人精神，對同樣備受疫情打擊的他們來說，這分外讓人感動。紐約Mimi Cheng's餐廳的老闆Hannah和Marian Cheng姐妹推出Dumplings for Doctors計劃，透過眾籌網站GoFundMe籌得逾49,000美元，為醫療人員提供膳食。電訊公司Verizon為她們的計劃包底，每天資助額外300份飯餐。Cheng氏姐妹每週給醫生和護士送出2,600份飯餐，並附上手寫的感謝字條，多謝他們盡忠職守。

在曼谷，名廚Deepanker Khosla在疫情期間也沒放下廚師的工作，只是他和團隊不再烹調Haoma著名的日式和牛扒三文治和魚子醬小食，改而為捱飢抵餓或無家可歸的人送上數以百計用薑和薑黃等，有助提升免疫力的材料炮製的蕉葉蔬菜飯。

他說此舉是受到將分享食物概念帶到美國的西班牙廚師José Andrés所啟發。美國在封城期間，學校停止供應免費午餐，Andrés於是特別為依賴學校免費午餐的學童提供協助。他動員數以千計的人為他們烹調食物，並將這些飯餐送給貧困地區的兒童。



Opposite page, from left: The boutique Eaton Hotel's Food Hall entrance; Chef Deepanker Khosla of Bangkok's restaurant Haoma

This page: The neo-Indian restaurant Haoma, that served up hundreds of banana leaf rice meals to the homeless

對頁左起：逸東酒店美食廣場Food Hall的入口；曼谷餐廳Haoma主廚Deepanker Khosla

本頁：曼谷新印度風格餐廳Hanoma，為無家可歸的人送上蕉葉蔬菜飯



Cheng: A Helping Hand ????

This page: Behind-the-scenes of the hotel team donating food to disadvantaged groups and communities

Opposite page, from left: Inside the kitchen at The Upper House; Exterior at Swire Group's hotel, The Upper House, located in Pacific Place

本頁：酒店員工積極參與食物捐贈活動，幫助有困難的團體和社區

對頁左起：精品酒店寓居內的廚房；太古集團設於太古廣場的酒店寓居



Supply Support

Hong Kong's hotels have also been working overtime to help provide and distribute supplies to those in need. For example, The Upper House's Soap Cycling initiative helps by redistributing bathroom amenities that have been only used once or twice, reducing waste while giving it to those who lack the means to buy their own. The hotel will also donate HK\$60 for every room reservation, which will be converted into hygiene kits for frontline cleaners and sanitation workers.

Other hotels such as Mandarin Oriental are encouraging their staff to volunteer support for local charities. In partnership with Oxfam Hong Kong, the hotel will help to pack sanitary supplies for underprivileged communities and street cleaners. Meanwhile, their work with Crossroads Foundation will see the hotel refurbish donated computers to impoverished students. Other groups including Marco Polo Hotels support local communities as well as their own and have produced reusable fabric masks for their staff, while working with the Children's Cancer Foundation to deliver surgical masks, hand sanitisers and colouring books to encourage children to stay positive.

On behalf of The People

Remaining positive during these times is essential and boosting morale been the core focus of some individuals and companies, including social enterprise Gingko House, which not only helps to feed Hong Kong, but also advocates senior employment and has been providing work opportunities for the elderly for almost 17 years. Today, the group continues to help and support people with its most recent initiative, the Gingko House Love Project. This online platform enables rice boxes, soups, drinks and gifts to be purchased for underprivileged groups, as well as to more than 110 local charities in Hong Kong.

Some of the groups that Gingko House support include street sleepers, single-dwelling senior citizens, low-income families, Comprehensive Social Security Assistance recipients, or simply those unable to support themselves financially. "Many of them suffer from financial problems and emotional issues," says Kenneth Choi, Gingko House Love Project's founder. "We hope that receiving rice boxes or other small gifts can help cheer them on and lift their spirits."

In the near future, Gingko House and the Love Project team will continue to focus on their good works, while looking for new and creative ways to continue operations in the current environment. "Our restaurants are open [and abide by government restrictions]. But we now also need to think of ways to continue F&B operations, while being aware and ready to respond to future outbreaks," says Choi.

Other organisations in Hong Kong such as Dignity Kitchen, does similar work and employs differently-abled staff to cook food that is "made with love and served with dignity" in their Mong Kok kitchen – offering opportunities to empower these individuals while also helping to feed Hong Kong's hungry. Delivering bento box lunches to homeless service centres, hostels and street sleepers daily, Dignity Kitchen also runs a pay-it-forward meal scheme to offer visitors and diners a chance to donate additional meals for HK\$50. To make it even easier to donate, the restaurant has made it easy to pay it forward digitally with a simple bank transfer.

In the US capital Washington, chef Kwame Onwuachi of the renowned Kith and Kin Restaurant, an eminent chef of his generation and a leading voice for black workers in the industry, is doing his part too. In the wake of the Black Lives Matters protests, Onwuachi left Kith and Kin, wanting to launch a black-owned establishment of his own. During the pandemic, he spoke passionately about the need to support staff and created a GoFundMe page for his largely African-American team, so they could feel financially secure in this precarious time.

In Italy, a campaign called Milano Keeps Cooking was launched to aid the Luigi Sacco university hospital. More than 60 chefs took part in the project, releasing video recipes and donating the proceeds of any aprons sold to the charity. The chefs that took part read like a who's who of Italy's finest cooks, including Andrea Berton, Antonio Guida and Andrea Aprea, while tens of thousands of euros were raised for the hospital.

As we all come to terms with this new situation and are met with daily struggles and frustrations, we're reminded that there are many around the world who are much worse off. There's no better time to start supporting those in your local community, whether through volunteering, donations, pay-it-forward meals, or rice boxes to help feed the hungry and support those who are most in need. 🍲

生活所需

香港多家酒店亦盡心盡力向有需要的人提供及派發日用品。寓居的「再皂福」肥皂循環再造計劃，將只用過一、兩次的衛生及浴室用品分派給經濟有困難的人。此外，每租出一次客房，酒店亦會捐出60港元，用以購買衛生用品包，送給前線的清潔工人和垃圾清潔工。

其他酒店如香港文華東方等亦為善不甘後人，鼓勵員工參加義工計劃，支援本地慈善組織，包括與香港樂施會合作，包裝抗疫用品送給低下階層和街頭清潔工；以及與國際十字路會合作，將捐贈的電腦翻新後送到貧困學生手上。此外，馬可李羅等酒店集團則為員工及本地居民送上自行生產的可重用布口罩，並與兒童癌症基金會合作，派發外科口罩、搓手消毒液，以及填色畫冊，為孩子們打氣。

以人為本

面對這樣的日子，積極樂觀的心態至關重要，因此不少個人和公司如社企「銀杏館」等都強調要積極樂觀，希望藉此保持士氣。銀杏館不僅捐贈食物，在過去17年更一直推動老年就業，為長者提供工作機會。集團最新的「愛心抗疫飯盒」繼續造福市民，鼓勵善長透過他們的網上平台購買飯盒、湯、飲品以至禮品等，再由餐廳轉送給基層市民及超過110個本土慈善組織。

受惠於銀杏館愛心抗疫飯盒計劃的包括有露宿者、獨居長者、低收入家庭、綜合社會保障援助計劃受助人，以及任何有經濟困難的人。銀杏館愛心抗疫飯盒計劃的發起人Kenneth Choi表示：「這些人許多都有經濟困難及情緒問題，我們希望這些飯盒或小禮品可以讓他們開心一點，為他們打氣。」

未來，銀杏館及其愛心抗疫飯盒計劃會繼續為善，並尋找創新的方法，以求在目前的环境下能夠繼續經營下去。「(即使在政府的各種規限下)我們餐廳現時仍然開門營業，但現時，我們需要想方法讓餐廳可以持續營運，警惕並做好準備，以應付將來可能出現的爆發。」

此外，其他香港機構如「廚尊」也推出類似的計劃，本著「愛心製造、有尊嚴地工作」的宗旨，位於旺角的廚尊特別聘用弱能人士擔任廚房員工，一方面為他們提供就業機會及培養他們一技之長，另一方面亦為捱餓的人贈送飯餐。向露宿者服務中心、露宿者之家和街頭露宿者分發午餐便當的廚尊，亦有自己的膳食計劃，參觀者和食客可購買50港元的「請你食飯」飯券。為了方便善長捐款，餐廳接受銀行轉帳。

在美國首都華盛頓，曾在著名餐廳Kith and Kin任職的Kwame Onwuachi，是現代人之中有名的廚師，也是黑人員工的代表。在「黑人的命也是命」抗爭運動期間，Onwuachi毅然離開Kith and Kin，打算自己開設由黑人做老闆的餐廳。在疫情肆虐當下，他熱心地談到對員工的支援，並透過開設GoFundMe專頁，眾籌基金來協助他以非裔美籍員工為主的工作團隊，讓他們的經濟在這個朝不保夕的時期裡能得到保障。

意大利則有廚師發起「米蘭煮不停」運動，為Luigi Sacco大學醫院籌款。活動獲得60位廚師參與，他們紛紛推出烹飪短片，並將出售圍裙的收益捐給慈善機構。參與廚師都在意大利技藝超卓的大廚，包括有Andrea Berton、Antonio Guida和Andrea Aprea等，最終為醫院籌得數萬歐元。

對於現時新的生活常態及日常面對的掙扎與挫折，我們時常提醒自己，世界上有許多面對比我們更糟的境況。換句話說，這正是開始支援本地社區的好時機，不管是參加義務工作還是捐款、購買待用餐或愛心飯盒，只要能幫助捱餓及需要援手的人便可。🍲

