

「社區膳食送遞服務」是本會首個得到社會福利署委任的服務計劃。自去年六月起，我們為觀塘及西貢區有需要的人士，提供午餐及晚餐的送遞服務，服務對象以獨居長者為主。我們的服務最著力於食物的營養、味道及清潔衛生三方面。我們亦按個別用戶的健康狀況及宗教要求，由營養師安排合適的膳食，務求兼顧到每一位服務對象的需求，以達到我們的口號「勵行關懷獻社區，優質服務為您送」。

需求日益增加

只是經過短短的九個月，服務需求已日益增長，整體而言上升了45%。單就觀塘區，增長率達到18%，而西貢區更增長了62%。本會為長者日間護理中心提供的膳食送遞，需求量更顯著上升了17倍。可見我們的服務及食物質素深受各界認同。

佳節的點滴關懷

本會的服務，除了使獨居長者身體上得到溫飽，更期望顧及長者心靈上的需求。透過本會為長者舉行的試食會及義工探訪，希望令這班獨居長者感受到人間有愛，他們並沒有被社會遺忘。每逢佳節期間，我們亦為獨居長者送上應節食物如端午節低脂糰及中秋節低月餅，去年亦舉辦冬節暨聖誕節的聯歡聚會，藉此為他們送上點點的歡樂節日氣氛。

Last June, Christian Action has been assigned by the Hong Kong Social Welfare Department to set up a Community Meal Service Programme for the needy living in Kwun Tong and Sai Kung. This is the first programme we are running with the Social Welfare Department. The service which caters especially for the elderly living alone, provides lunch and supper. Our main concern is for the nutrition, taste and hygiene of the food. In addition, based on the medical conditions and religious requirement of the individual recipients, dietitians design special menus, tailor-made to suit our clients' needs. This is an example of Christian Action 'working to serve the local community'.

Demand for our meal service is growing all the time

Our service has only been launched for a year but the number of people requesting for our meals has increased by 45% as there is a large, growing elderly population in both areas. The demand for meals has increased 18% in Kwun Tong and 62% in Sai Kung. We have also increased our deliveries to local nursing homes by 17 times. It is clear that we are providing a very necessary and a welcome service to the community.

A way to show we care

Of course, ensuring that elderly people living on their own have sufficient tasty and well-balanced food to eat is the primary purpose of our service. However, we also hope that we can give these senior citizens and their carers some enjoyment by arranging food-tasting events and special home visits by children and other volunteers. At festival times we distribute the traditional festival food, like rice dumplings for Dragon Boat Festival and moon cakes for Mid-Autumn Festival, the only difference is we make sure ours are low cholesterol versions! At Christmas we have a party for everyone and spread a little happiness that way.



中秋節本會總幹事張洪秀美女士為計劃的獨居長者送上低脂月餅
At Mid-Autumn Festival our Executive Director Cheung-Ang Siew Mei distributed Moon Cakes to elderly singleton.



新來港少年義工探訪獨居長者
New-Arrival children take part in visits to local elderly people.



由本會及救世軍合辦的千禧年冬節暨聖誕聯歡晚會
Christmas Party held in Cupertino with the Salvation Army New-Arrival children taking part in visits to local elderly people.



我們亦定期為員工提供包括老人心理、生理健康、職業安全、常見疾病處理及食物營養等多元化在職訓練，務求他們能為長者提供更完善的服務。
In order to provide the best services to the elderly, periodic training sessions will be given to our staff on various subjects including senior psychology, physical fitness, professional safety, treatment for common illnesses, and nutrition.

社區膳食送遞服務

Community Meal Service Programme

