

Project Title: “ Tin Chef” Neighborhood Mutual Help Project (0030-12)

『天廚』鄰舍互助計劃

Organization : Tung Wah Group of Hospitals Tin Shui Wai Integrated Service Center

東華三院賽馬會天水圍綜合服務中心

Amount of grant applied for : : \$2,100,000

Project Period : 3 Years

Target Group(s) : Tin Shui Wai residents

Targeted District : Grandeur Terrace & Tin Heng Estate, Tin Shui Wai

Objectives:

Based on 'eating' as a core social capital, our project aims at cultivating among Tin Shui Wai residents a culture of happy cooking through the introduction of the eating culture and the sharing of cooking experience which will cohere the family, the school, the community and the commercial unit and foster the cooperation among these four parties in nurturing an atmosphere of “Eating Together Brings Happy Family”, promoting the value of harmonious familial relationship as well as establishing a strong social network among the neighbourhood.

1. Discovering and providing training to talents of cooking within the community who will in turn become the propellants of the project
 - Working together with the Grandeur Terrace and Tin Heng Estate Mutual Aid Committees, we will recruit “Tin Chefs” from each block of Grandeur Terrace. After training, these “Tin Chefs” from different blocks will share with one another their family-based cooking experiences.
2. Strengthening the bond among family members through cooking
 - The fun of cooking together with family members and the importance of having family meals will be promoted.
3. “Happy Cooking, Happy Interaction among Neighbourhood”
 - With the sharing of the culture of eating and cooking experiences, families within Tin Shui Wai will be drawn closer to one another. Cooking will become a cohesive force not only among family members, but also among different families in the neighbourhood.
4. Enhancement of quadripartite cooperation among the family, the school, the community and the commercial unit through the introduction of the eating culture and sharing of cooking experiences
 - The value of “Eating together brings happy family” will be promoted among

families, schools, and different organizations by inviting famous chefs from media, restaurants and catering department of Hotels to be the instructors of our “Tin Chefs” so as to broaden the horizons of our participants and to foster cross-sector cooperation and networking.

5. “Tin Chefs” trained up to the level of top chefs will provide service to families inside and outside Tai Shui Wai under the scheme of “Tin Chef to Your Home”, ;
 - Under the scheme of “Tin Chef to Your Home”, participants becoming top chefs in the project will serve families within or outside Tin Shui Wai on charging basis. Top chefs will teach families how to cook family meals together with the family. Top chefs will make use of their “recipes” to introduce different dishes and narrate family stories behind the cuisines to the families.

Project Strategies :

1. **Enhancing the multiple skills of “Tin Chefs”** : partnership and cooperation with cooking schools or cooking industry providing comprehensive training in cooking will be sought; the training scheme includes trainings on professional cooking techniques, sharing of cooking techniques, event organization skills, ways for establishing good family relationship etc.
2. **Family matching in the district:** “Tin Chefs” equipped with multiple skills will bring the message of “Eating together brings happy family” and teach cooking techniques to families in the district. “Tin Chefs” will be matched with suitable families in the district and will go to the matched family’s home to teach the family the way to cook together with their family members.

Cooking among children and teenagers : Providing “Tin Chef” training for children and teenagers so as to let them experience the joy of cooking and enhance their sense of belonging and level of participation in their families.

4. Fostering communication among families in the district and strengthening connection among the neighbourhood: We will liaise with the families in the district, different organizations, food and beverage commercial units in holding different types of family-based cooking activities and festivities, sharing the joy of cooking, the consumption of delicious cuisines and the interactive relations among the Neighborhood. For instance, “Tin Chefs” and participants of the project may organize an activity called “Banquet of Eating Culture” to foster the interaction and sharing among the families in the district. The project which

will commence at Grandeur Terrace and Tin Heng estate will soon be spread to other families and areas in Tin Shui Wai where the culture of eating and cooking techniques will also be shared. The relations among families in the district will be improved and the capital will snowball as the project expands.

5. Nurturing the atmosphere of “Eating together brings happy family” :

Self-made “recipes” of Tin Shui Wai with an aim of promoting the joy of cooking of every family will be produced. The recipes will be on the self-created family dishes, family story sharing, as well as the way to communicate with family members through eating. Through the distribution of recipes in extensive areas, we believe the atmosphere of “Eating together brings happy family” will be nurtured among families in the district at large.

Besides, teenagers may be taught not only the cooking techniques, but also multi-media production and film making techniques so that an unique and original disc called “Cooking techniques of Tin Disk” may be produced and be distributed to schools and housing estates.

Evaluation of Efficiency :

1. We hope to explore and enhance in each participant his or her individual ability and skills, and the cultivation of positive family value.
2. The role of Tin Chefs will be transformed from service receivers to service providers. Through spreading the culture of eating and introducing cooking techniques, we believe the message of “Eating together brings happy family” will be brought and promoted.
3. The bond among family members will be strengthened through cooking together.
4. The relationship among the neighborhood will be enhanced through the promotion of eating culture.
 - 10 members participated the Top Cook Project from the “Cooking club” will share the joy of cooking with other families and organizations in the district; 400 people will provide “Tin Chef to Your Home” service to 100 middle class families.
 - “Banquet of eating culture” 『食的文化宴』 :1000 people
 - District Tin Chef families: 440 people
 - “Eating together brings happy family” 『食聚天倫』 : Family matching 440 people
 - “Happy Cooking, Happy Interaction among Neighbourhood”: 30 families, and 100 participants in total ; 100 people from the families living in Grandeur Terrace and Tin Heng Estate.

Number of participants : 2480 people in total