



A Love Story

To Love & Be Loved Through Cooking

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Half Empty
or
Half Full?

Depends on your
perspective

What's yours?

Rich Mate Poor Mate by RTHK

- 40-sq feet room, no window, no air-con, shared bathroom with 5 strangers
- HKD34 a day to feed the entire family of 4
- 340kg of fresh vegetables going to landfills
- What do you consider as your basic needs?
- Poverty is really close to us!





Life is never perfect



Your attitude affects your perspectives

Some observations during family visits

- A series of unfortunate events / living environments such that they can only see their “have nots”
- Downward Spiral → Believed they cannot have “Affordable Luxury”
 - Clams, strawberries, Tofu spaghetti
 - Life is simply miserable
- Overtime, they become depressed, lacking the energy and willingness to change
- Overwhelmed with the sense of hopelessness

The role of Cooking + Nutrition in Families

- Low barrier as entry point to change perspectives
- As a tool to start looking at “What do I have?” → Looking at the Brighter Side
- A positive experience at home
- Cooking know-how + Nutrition knowledge in fact are forms of empowerment and self-dignity
 - Affordable Luxury is really “Affordable” by you too



My current Love Story through CookConnect

Cook
Concept

- Connect people through knowledge



Cook
Cycle

- Connect people through food resources



Cook
Club

- Connect people through Learning





Cooking + Nutrition – a simple tool to change perspectives:

- **FAITH** that you can be empowered
- **LOVE** for others and for your family
- **HOPE** that tomorrow will be a better day
- **Motivation to stay positive**



Love Stories Created

Mini steps to connect
people through cooking,
filled with Joy, Love &
Peace