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