

# Depends on your perspective

What's yours?

#### Rich Mate Poor Mate by RTHK

- 40-sq feet room, no window, no aircon, 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



Connect people through knowledge





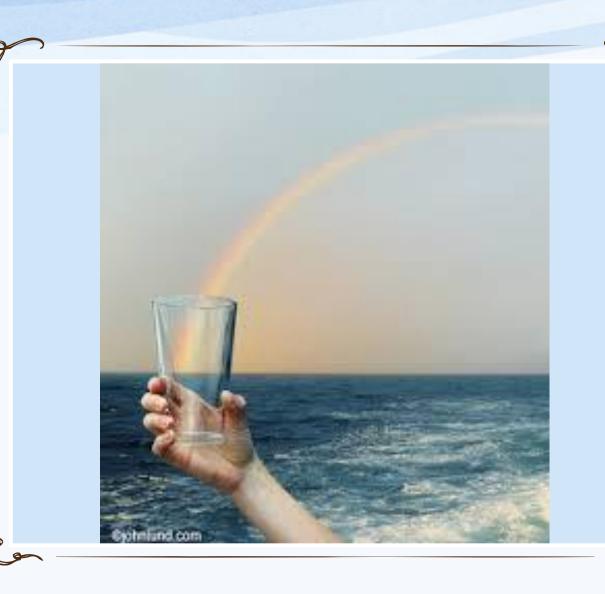
Cook Cycle  Connect people through food resources



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