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Rural Sustainability

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Food Solidarity Amid COVID-19

The COVID-19 pandemic has highlighted the fragility of global food systems, with many countries facing shortages and price spikes. In response, a growing number of communities around the world are coming together to support one another, sharing resources and expertise to ensure that those in need have access to food.

#FOODSOUP: A Global Food Solidarity Program

The #FOODSOUP program is a global initiative that connects local food producers and community organizations with food banks, shelters, and other organizations in need. By harnessing the power of social media and digital tools, #FOODSOUP brings together people from all over the world to share information and resources, empowering communities to take action in the face of food insecurity.

Under the global outburst of COVID-19, while social distancing measures limit interpersonal interactions and contacts, many people are spending more time at home, reading and browsing social media. Many people are discontent about the mobility of food supplies and the quality of food. Some even resort to support their food production and local environment. The demand for food even inspired local and rural civil organizations in finding ways to build community solidarity to help the elderly, the disabled, and the sick.

The #FOODHOUSE Program in Hong Kong

In Hong Kong, some actions have been taken by the government. Local groups "Give Rice Social" and "Buy Rice" have launched the #FOODHOUSE program to help those people who unfriendly lost their job at face food reduction in the difficult time. The program is募款 assistance through social media, to help those rice from those who need it the most. A number of rice producers have joined the program, and the rice is already being delivered to those in need.

The program is sustainable because the rice that is donated is still edible. Therefore, the government emphasizes the importance of rice and its role in providing food security. We believe that good food is the best medicine to the body. Thus, the program provides quality rice from the rice growers. "Good rice Good food" is a slogan of the program. People can join the program by donating rice to those in need.

The #FOODSOUP program aims to connect people across the globe who are facing food insecurity. By offering support and resources, the program is helping to build a more resilient and sustainable food system for all.

COVID-19 #FOODSOUP

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For more information on the #FOODSOUP program, visit their website: https://foodsoup.org.

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Food Education

Urban dwellers are disconnected from food production processes. Although they can enjoy food from all over the world, their food literacy is often limited. In 1946, nutritionist Vivian Lindale published "You Are What You Eat." In fact, eating is not only a matter of personal health but also related to the well-being of communities, economy, and the planet. Food literacy education aims to bridge food production, processing, distribution, consumption, and disposal.

It stimulates people to think about how we should eat. Let’s see how the Harvard University in the US and the R.T.C. Gaia School in Hong Kong train students to make wise food choices and students' growth vetting habits.

Harvard University in the US: University Dining Services & Food Literacy Education

Harvard University Dining Services (HUDS) does not only offer meals but also food education. Fostering a sustainable lifestyle, food production and sustainability. HUDS Food Literacy Project (FLP), aims to empower students to make informed food decisions. The weekly Harvard Market provides students with opportunities to connect with local farmers. Students may volunteer at the Farmer’s Market to learn more about food production and local agriculture. HUDS staff even produce online videos to teach students nutritional knowledge and healthy cooking skills. HUDS focuses on sustainability in its dining hall operations, as well as activities related to food waste, social justice, and social eating in the 21st century.

R.T.C. Gaia School in Hong Kong: Diet is a Way of Life

Founded with a total geographical landscape at a scenic campus, the R.T.C. Gaia School in Tsan Yin has incorporated food elements into its curriculum. Students would buy local organic vegetables in their market to learn about the essence of food. They also need to learn farming. Junior school students have to grow apricots in the field every month, senior school students need to cook projects related to food. Last year, primary five students did projects about kiwi. They made kiwi themselves and learnt about food preservation. The school regularly uses 2023, in which students learn the techniques of cooking with firewood.

The school also cultivates students’ fiscal literacy through its dining services. The school kitchen often hosts healthy cooking events every day and attracts students by making the food colorful and delicious. Lunch is provided as a buffet. Students may fill their plates for free. In this way, students would know about how much food they really need and take an appropriate quantity according to the food. This can also reduce the amount of food to be provided to students. No disposable plate is provided and students are required to wash the dishes after eating. To train students’ healthy eating habits, no junk food and packaged drinks are allowed at school.

Principal Sarah said that Hong Kong students are used to having ready meals, so the school hopes to instill students’ habits of food production and eating and recognize the meaning and impact of eating. So that they will have a simple and sustainable eating style. To him, diet is a way of life.

HUDS and the R.T.C. Gaia School have demonstrated how to implement food education in innovative and diverse ways. If more people practice the discipline of eating and consider social and environmental impacts while making food choices, the world will be different.
永續糧食系統
Sustainable Food System

除了糧食安全，還包括糧食專門化（Sustainable Intensification），糧食生產效率和糧食可得性（Availability of Food）以及糧食系統的永續性（Sustainability）等三個方面。其中，糧食系統的永續性是指糧食生產、加工、販售、消費等整個過程都必須符合環境保護、社會公正和經濟效率等多個目標。

永續糧食系統的目標是實現糧食生產的多樣化、穩定性和永續性，同時也必須確保糧食的可得性和可負擔性，讓更多人能夠獲得營養和健康。

永續糧食系統的實現需要跨領域的合作和資源整合，包括農業、環境、社會和經濟等多個方面的參與。同時，也需要不斷創新和實踐，從基本的糧食生產技術到糧食消費模式，都需要進行深度的改革和調整。

永續糧食系統的發展必須考慮到地方的實際情況和文化的影響，因爲糧食系統不僅是一個農業問題，還是一個社會和文化問題。因此，必須有一個綜合性的解決方案，從糧食生產、販售、消費等各個環節來考慮。

永續糧食系統的發展是一個長期的過程，需要不斷的實踐和學習，從中找出最適合的模式和方法。同時，也需要不斷的調節和調整，以適應不斷變化的環境和社會需求。

永續糧食系統的發展是一個全球性的課題，不僅需要各個國家的努力，更需要國際社會的合作和互助。只有這樣，我們才能夠實現糧食的永續性和可得性，確保糧食系統的穩定和可持續性。
木材含有豐富的維生素，膳食纖維和抗氧化成分，有「萬壽果」的美稱。但是根據調查顯示近年來木瓜的老虎机，香港市場所售的木瓜含有高濃度的農藥殘留，影響木瓜的口感和質量。因此，木瓜可能被農藥污染，木瓜可能對人體健康產生不利影響。

計畫樣本在荔枝嶺木瓜採購時便決定要嘗試在荔枝嶺產出基地改木瓜。在荔枝樣本的木瓜，我們在採購時沒有選用栽種的木瓜，而採購在荔枝嶺的產出的荔枝樣本的木瓜，負責採購的農藥試驗，採購在荔枝嶺產出的木瓜不受農藥污染。

不同成熟度的木瓜可作變化多端的料理，例如木瓜沙拉可作為早餐食材，材料優質或配藥油，也可乾貨乾貨加入糖漿。木瓜新鮮甜點，若加白醋以醃製後，成為酸醋酸甜的夏日開胃小菜；已成形的木瓜則可直接當水果或製作木瓜甜品，而木瓜風味酸甜更是秋冬盛產節。

### 酸木瓜 Pickled Papaya

**材料** Ingredients

木瓜（成熟程度：表面橙色）、冰糖、白糖、蜜糖。也可依個人喜好加入薑絲。

Papaya (with orange-coloured skin), rock sugar, white rice vinegar, salt, and optional chilli.

**步驟** Method

1. 木瓜去皮及去種，煮熟冰糖和糖漿後待用（將所有糖漿可減少煮糖時間）。
   Heat the white rice vinegar and rock sugar until they are melted, then let it cool down at room temperature.

2. 木瓜去皮及去種，切成約3-5毫米薄片。
   Wash and peel the papaya, and cut into slices of 0.5-1 mm thickness.

3. 木瓜去種，沖泡豌豆大小，führ用于蒸煮木瓜，然後切約半小時煮木瓜出水。
   Scrape the papaya slices evenly with salt on both sides, and then let it cool down at room temperature.

4. 在木瓜中加入冰糖，冰糖等緣，並加入乾蔥，以鹽漬後即可食用。
   After the papaya slices are salt, wash away the salt with flowing water, and then put them on a steamer and a clean kitchen towel to remove the excess water.

5. 木瓜去皮後可加入已煮熟的糖漿中，可按個人喜好加入薑絲，然後加入適量醋，
   Put the peeled papaya slices (with optional chilli flakes), diced glass jar, pour in the sweet vinegar, and then store in the refrigerator for a few days before eating.