



**Towngas, Hong Kong Sheng Kung Hui Welfare Council Limited
and Institution of Dining Art present**

**The first cross-industry cooking course “We Can Cook” for Young Old
Over 200 elderly and celebrity chefs share the art of fine-dining**

(14 June 2017) There is an increasing population who retires at a younger age, these retirees are energetic with a higher education background in general. In order to promote life-long learning, The Hong Kong and China Gas Company Limited (Towngas), Hong Kong Sheng Kung Hui Welfare Council Limited (Welfare Council) and Institution of Dining Art co-organised the “We Can Cook” cooking course. It was the first local cooking course supported by corporate, industry and social welfare sectors for the “Young Old”. The course was taught by 12 renowned chefs and featured 12 fine-dining dishes. The organiser held a “We Can Cook” graduation dinner on 14 June to celebrate the achievement of the students with over 200 elderly attended.

The first cooking course for “Young Old” retirees – “We Can Cook”

“We Can Cook” cooking class was instructed by professional chefs from the catering industry and was held at the fully-equipped Towngas Cooking Centre. In an enjoyable learning environment, students could extend their social network and reinforced their self-confidence to become the chef at home. The one-year programme started from July 2016 and consisted of 12 cooking sessions. Target students were “Young Old”, people who were over 50 years of age. International recipes including Chinese, Japanese, French, Vietnamese, Thailand and molecular gastronomy, was taught in each cooking session.

“We Can Cook” sets a perfect example of cross-industry collaboration. With professional knowledge and support from different sectors, organisers are able to provide community services with greater benefit to the public.

Family relationships and creativity are the core concepts

Alfred Chan, Managing Director of Towngas said, “Creativity is of utmost importance at Towngas, not only on technology but also on the quality of the community services we provide. ‘We Can Cook’ is a programme to foster family harmony by means of cooking. The contributions of professional knowledge and resources from different sectors construct a perfect synergy effect. By working together, we are able to generate better social benefits and community services.”



A win-win situation - chefs walking into the community

Kelvin Yau, Chairman of Institute of Dining Art said, “Our chefs are professionals and pleased to share their knowledge to the majority. ‘We Can Cook’ provides an excellent opportunity for them to walk into community, interact with the public, share their unique experience with and provide professional training to the students. In addition, the catering industry is able to extend their reach to the Young Old and tailor-make the most appropriate service for this particular group of population.”

Young Old to learn professional knowledge and re-shine after their retirement

Joe Sham, Assistant Director of Welfare Council said, “The recent retired generation is able to learn professional knowledge throughout the course. They have enormous potential with greater amount of time comparing to the working population. Corporate social responsibility is realised through the collaboration with business and social welfare sectors.”

Filled with enjoyment and sense of satisfaction

Ms Liu, retired for 8 years, said, “I had a lot of fun in the course. The chef instructor was great and the recipe was trendy and stylish. We were able to learn cooking in a venue with well-equipped facilities. ‘We Can Cook’ was a fun, professional and satisfying experience. You can never find a similar course in any elderly centers. I am also pleased to share my dishes with my family members and friends.”

- End -



Photo 1: Over 200 graduates and their family members attended the “We Can Cook” Graduation Dinner.



Photo 2: (2nd from Left) Joe Sham, Assistant Director of Welfare Council, Dr Lam Ching-Choi, Chairman of Elderly Commission, Kelvin Yau, Chairman of Institute of Dining Art, Peter L.S. Wong, Towngas Head of Commercial – HK Utilities, officiate the opening ceremony together with two elderly representatives.



Photo 3: Alfred Chan (3rd from Left), Towngas Managing Director picture with “We Can Cook” young old participants.



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The Hong Kong and China Gas Company Limited



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HONG KONG SHENG KUNG HUI WELFARE COUNCIL LIMITED



稻苗學會
Institution of Dining Art

Press Release



Photo 4 and 5: Young Old participants are attentive in class when professional Chef is showing how to cook Italian Smoked Duck Breast Risotto with Balsamic Vinegar.

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