



Towngas and St. James' Settlement joins hands to spread warmth to society by launching Warming Mooncake *Celebrate Mid-Autumn Festival with frail elderly and dysphagia patients*

(25 September 2017) Approximately 45,800 elderly living in nursing home in Hong Kong are suffering from different severity of dysphagia. To allows elderly and for dysphagia patients to enjoy the delight of mooncake tasting alongside with their family and friends, The Hong Kong and China Gas Company Limited (Towngas) and St. James' Settlement join hands to create the first Warming Mooncake. On 23 September, Towngas organised an elderly home visit at St. James Settlement, to try the Warming Mooncake and pre-celebrate the Mid- Autumn festival.

Towngas & St. James' Settlement bring warmth in Mid-Autumn Festival together with mooncakes

At the event day, Peter WY Wong, Executive Director and Chief Operating Officer – Utilities Business of Towngas, Josephine Y C Lee, Deputy Chief Executive Officer of St. James' Settlement and Towngas volunteers pre-celebrate the Mid-Autumn Festival with around 50 elderly with interesting festive games. Towngas also arranged a “Warming Mooncake Tasting Competition”, elderly closed their eyes to taste the Warming mooncake under the help of Towngas volunteers and guessed the flavour. The elderly quickly identified the flavour correctly by having few sips of mooncake. The Warming Mooncake has received widespread acclaim and popularity among the elderly, they praised the mooncakes are served in moderate taste with distinct mousse layers

Peter WY Wong, Executive Director and Chief Operating Officer – Utilities Business of Towngas states, “The needs of the elderly have long been a priority for Towngas. In addition to the various elderly services that we provide, Towngas also spreads the love and care through the annual mooncake campaign. We understand the difficulties of elderly patients suffering from dysphagia, who may not be able to taste their favourite festive foods, thus the Warming Mooncake is designed to for the elderly to enjoy this traditional Mid-Autumn treat and taste its festive joy, even if they are suffering from dysphagia.”



Dysphagia is prevalent among the elderly Create Warming Mooncake to allow elderly enjoy the delight of mooncake tasting

Eating problems due to illness or physical weakness are prevalent among the elderly, with approximately 45,800 elderly living in nursing home in Hong Kong are suffering from different severity of dysphagia. An estimated 60% of elderly nursing home residents and 40% of elderly day care recipients¹ require minced or pureed meal arrangements². Since the viscous lotus seed paste can cause choking or suffocation, while the salted egg yolk is difficult to digest, elderly is discouraged from eating traditional mooncakes. To help the elderly and patients suffering from dysphagia fully enjoy the Mid-Autumn Festival with their families, Towngas invited registered dietitian and chef of St. James' Settlement to create elderly suitable Warming Mooncake in four flavours. The team underwent various round of trial and insist to retain the original taste of food when they created the warming mooncake, hoping the elderly can taste the original flavour even they have difficulties in swallowing and improve their life quality by meeting the tasting and nutritional needs of the elderly

Elderly show their satisfying smiles after tasting the Warming Mooncake as the tasty mooncakes warm their heart. Ms. Choi, who aged 86, needs to pay high attention on her diet, “mooncake is our must-have festive food in Mid-Autumn Festival, however my family members only allow me to have few sips of mooncake as traditional mooncake is greasy and not good to health. This warming mooncake is low calories; its silky texture allows me to swallow easily, so we don’t need to worry about suffering from choking or suffocation. I am very excited to enjoy more Warming Mooncake in this year’s festival.”

Joyce Kwan, a registered dietitian at St. James Settlement mentions, “To meet the needs of the elderly, the Warming Mooncake uses ingredients like sweet potato, which provide nutrients that they may have difficulty intaking from vegetables, delivering both great taste and better health.”

¹ According to Safe Swallowing Study in The Frail Elderly Living in The Community conducted by The Swallowing Research Laboratory of the Division of Speech and Hearing Sciences, Faculty of Education of University of Hong Kong in 2015

² Minced meals have been chopped or minced into small pieces and are soft in texture and easy to chew. Pureed foods need to be prepared using a blender or food processor, with texture similar to that of baby cereal, smooth with no coarse lumps, suitable for patients suffering from severe dysphagia.



Towngas helps dysphagia patients with Warming Mooncake charity sale

Warming Mooncake will be available for sale, starting from September 18, at Flame at Towngas Avenue and 6 distribution points of St. James Settlement. Warming Mooncake sells at HK\$35 per piece, all proceeds will be donated to St. James Settlement in supporting of educating the public in awareness of dysphagia and providing more assistance to dysphagia patients. Please refer to www.towngas.com for more details.

Warming Mooncake

Distribution points	Telephone
(Flame at Towngas Avenue	2367 2713
James' Kitchen , St. James' Settlement	2831 3237
Kindness Centre (Shek Kip Mei), St. James' Settlement	3586 9944
Central and Western District Elderly Community Centre, St. James' Settlement	2805 1250
Green Ladies (Sai Ying Pun Branch), St. James' Settlement	2110 3483
Green Ladies (Wong Tai Sin Branch), St. James' Settlement	2661 4377
Green Ladies & Green Little Outlet, St. James' Settlement	2778 9885

*The Warming Mooncake is available while stock lasts

Distribute millions of mooncakes over years to spread love and care in the community

This year, Towngas not only launches Warming Mooncake, it will continue to partner with various charity groups and organisations to distribute mooncake to needy via the “Mooncakes for the Community” campaign. Towngas has been distribute more than 1.8 million of mooncakes over the past 17 years, hoping to spread love and during the Mid-Autumn Festival

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Press Photos:



Photo 1 : Peter WY Wong, Executive Director and Chief Operating Officer – Utilities Business of Towngas, Josephine Y C Lee, Deputy Chief Executive Officer of St. James' Settlement and Towngas volunteers pre-celebrate the Mid-Autumn Festival with around 50 elderly with interesting festive games. °





Photo 2: Elderly closed their eyes to taste the Warming mooncake under the help of Towngas volunteers and guessed the flavour. The elderly quickly identified the flavour correctly by having few sips of mooncake.



Photo 3: Peter WY Wong, Executive Director and Chief Operating Officer – Utilities Business of Towngas and Towngas volunteers prepared various interesting festive games to have fun with the elderly.



Photo 4: The Warming Mooncake has received widespread acclaim and popularity among the elderly, Elderly show their satisfying smiles after tasting the Warming Mooncakes.



Photo 5: Ms. Choi (left) and Ms. Fung (right) shares that the texture of Warming Mooncake is quite special, which is very soft, silky and can swallow easily without chewing. The praise that Warming Morning is tasty which warm their heart.

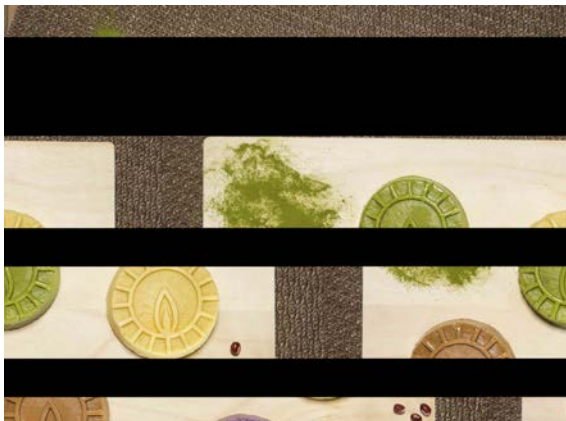


Photo 6: The team insist to retain the original taste of food when they created the warming mooncake, hoping the elderly can taste the original flavour even they have difficulties in swallowing and improve their life quality by meeting the tasting and nutritional needs of the elderly



Appendix: About Warming Mooncake

Warming Mooncake serves with four flavours, and they are: green tea with adzuki beans, purple sweet potato with adzuki beans, chocolate sweet potato with egg custard and sweet potato with egg custard. Steam over water with medium-low heat for 20 minutes, then the steam hot mooncake is ready to serve which warms your heart.



Green Tea Warming Mooncake with Adzuki Beans

Green tea and adzuki beans have always been the best partner; the crust is made of selected quality green tea powder and sweet potatoes; mild green tea blended with fragrance sweet adzuki bean paste, it gives such a refreshing Japanese taste to Hong Kong green tea lovers



Purple Sweet Potato Warming Mooncake with Adzuki Beans

Adzuki bean paste wrapped inside the crust made of sweet potatoes paste, two types of sweet flavor match so well with each other, and its fragrant taste keeps rippling in the mind. The mooncake is a healthy and tasteful choice for Hong Kong gourmets as it has only 94 calories, people will definitely love it with just one mouthful of trial.



Chocolate Sweet Potato Warming Mooncake with Egg Custard

Mousse crust of sweet potatoes and aromatic cocoa mix match well with refreshingly sweet custard filling; double layers of silky taste delivers a new level of gourmet taste; a must-have choice for Hong Kong dessert lovers.



Sweet Potato Warming Mooncake with Egg Custard

Sweet potatoes paste crust with creamy custard filling give every bite a refreshing sweet taste, and you would definitely love to have another bite. Light yellowish colour reminds us of the bright full moon, which makes it most suitable for sharing with family during Mid-Autumn Festival family reunion.