



## **Towngas donates over 100,000 rice dumplings, launches soft-diet version in response to ageing population**

(16 June 2021) In celebration of Dragon Boat Festival, The Hong Kong and China Gas Company Limited (Towngas) has continued its 20-year-old tradition of donating rice dumplings to those in need, thereby expressing care and sharing warmth with the community. In addition to traditional dumplings made from sticky rice, Towngas joined hands with Hong Kong Sheng Kung Hui Pilot Scheme on Multi-disciplinary Outreaching Support Teams for the Elderly (Kowloon Central Cluster), or MOSTE (KC), to launch their first “soft-diet dumpling” recipe. Blending delicious ingredients such as salted egg yolk and lean pork to make dumplings that are suitable for those who require a soft diet, the festive treats cater for the needs of those with difficulty swallowing as well as the elderly.

According to statistics from the Hong Kong government, the city is faced with the serious issue of an ageing population. The number of people aged 65 or above are expected to double in the upcoming 20 years. In response, Towngas has been exploring solutions to enhance the elderly’s quality of life. The soft-diet dumpling is among the Company’s relevant endeavours. In addition, Towngas’ corporate volunteers have provided assistance in training carers to make soft-diet dumplings, with the hope that they can prepare them for their loved ones in need while helping alleviate the pressure they encounter as carers.

Mr Isaac Yeung Chung-kwan, Towngas Head of Corporate Affairs, remarked, “Towngas has hosted the Rice Dumplings for the Community event since 2000, with the aim of helping the disadvantaged and sharing festive foods with those in need to share the warmth with society. In line with this tradition, Towngas donated over 100,000 rice dumplings to various areas of the city to reach a cumulative total of 4.14 million dumplings donated.”

Mr Yeung added, “Faced with an ageing population, we hope to approach the issue from the angle of people’s daily lives, such as enhancing the quality of life for those with difficulty swallowing as well as the elderly. The soft-diet dumpling is made with the same ingredients as traditional dumplings. A lot of thought has also gone into its presentation, including wrapping the dumpling in leaves, to ensure that recipients can enjoy festive foods with their loved ones in celebration of Dragon Boat Festival.”

Going forward, Towngas will continue to shoulder its corporate social responsibility, committing enthusiastic efforts to serve society and organising creative public welfare events to give back to society.

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Soft-diet dumpling workshop:

### Photo 1



香港糧食安老院舍外展專業服務  
試驗計劃 (九龍中)

Towngas

### · 軟餐糰食譜 ·

(以下是一隻軟餐糰份量) **IDDSI Level 5**

<b>食材</b>	<ul style="list-style-type: none"> <li>白米 (已浸水及隔水)</li> <li>瘦肉 (已加入五香粉調味、已蒸熟)</li> <li>帶子 (已蒸熟)</li> <li>去皮綠豆 (已浸水及隔水)</li> <li>鹹蛋黃 (已蒸熟)</li> <li>食物塑形粉</li> <li>高湯</li> <li>菜油</li> </ul>
<b>工具</b>	<ul style="list-style-type: none"> <li>攪屎</li> <li>牛油紙</li> <li>蒸爐</li> <li>餡料模具</li> <li>棉繩</li> <li>量杯</li> <li>攪拌機</li> <li>包糰神器 (煤氣公司提供)</li> </ul>
<b>步驟 1</b> <b>打糊</b>	<p><b>餡料 (每樣餡料須個別處理)</b></p> <ol style="list-style-type: none"> <li>將食物塑形粉*加入60毫升高湯攪拌一分鐘</li> <li>分別將餡料50克瘦肉、50克鹹蛋黃及50克帶子放入攪拌機各自攪拌三分鐘，確保打勻並沒有渣滓**</li> <li>將已打勻的餡料倒入模具並放至冰格冷藏至硬身</li> </ol> <p>將食物塑形粉*加入150毫升高湯攪拌一分鐘</p> <ol style="list-style-type: none"> <li>將70克去皮綠豆與30克白米混合</li> <li>將綠豆及白米一同攪拌三分鐘，確保打勻並沒有渣滓</li> </ol>
<b>步驟 2</b> <b>倒模</b>	<ol style="list-style-type: none"> <li>在包糰神器內塗上菜油，並鋪上牛油紙</li> <li>將一半米糊倒進包糰神器內，再把已冷藏的餡料 (15克帶子、6粒鹹蛋黃及6粒帶子) 放於米糊中間，再倒入餘下的米糊</li> <li>將糰以90度蒸60分鐘</li> </ol>
<b>步驟 3</b> <b>包糰</b>	<ol style="list-style-type: none"> <li>將棉繩及糰葉放在包糰神器上</li> <li>軟餐糰成形後放涼再脫模，然後放入包糰神器</li> <li>包起糰葉及紮好棉繩</li> <li>可即食或放至冰格冷藏</li> </ol>
<b>步驟 4</b> <b>翻熱</b>	<ol style="list-style-type: none"> <li>將軟餐糰放在室溫下解凍</li> <li>以90度蒸15至30分鐘</li> </ol>

\* 食物塑形粉的使用比例為食材重量的5%，例如餡料材料為250克，則需要12.5克塑形粉。但實際比例需因應不同配方而調節，建議參考塑形粉包裝上的使用指示

\*\* 攪拌一種餡料後須清洗攪拌機

**注意事項**

在家製作軟餐的話，請先諮詢專業人士意見，了解自製軟餐是否適合使用者食用

Towngas and MOSTE (KC) join hands in launching the recipe for soft-diet dumpling.

## Photo 2



Ms Pauline Wong Sin-ha, Manager of Towngas Cooking Centre, demonstrates dumpling making techniques, preparing a delicious-looking soft-diet dumpling to pique the appetite of the elderly.

## Photo 3



Participants prepare soft-diet dumplings with Towngas volunteers for their family members residing in care homes to enjoy festive foods and share their love.

**Photo 4**



Affected by the pandemic, carers cannot visit their loved ones in person, but are still able to see each other and convey their festive greetings virtually.

“Dumplings with Love” online Dragon Boat Festival celebration:

**Photos 5 to 7**



On 12 June, Towngas Volunteer Service Team and MOSTE (KC) joined hands in hosting the “Dumplings with Love” online Dragon Boat Festival celebration, presenting exciting entertainment for over 400 seniors at 12 care homes.

Towngas Volunteer Service Team distributing over 100,000 dumplings:

### Photos 8 to 9



During the festive period, Towngas and more than 108 local groups distributed over 100,000 dumplings across the city to share the warmth with the community. Towngas volunteers also visited numerous neighbourhoods to share dumplings as well as festive greetings with the elderly.

Press photos can be downloaded from the following link.

<https://drive.google.com/drive/folders/1Y6JA60jJfaUt3r4dvW2Fh3cd5foObsKS?usp=sharing>

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