

Immediate Release

“Towngas Low Carbon Rice Dumplings Bring Warmth to SAHK”
SAHK Service Users Make Low Carbon Rice Dumplings to Promote Green Diet

(7 June 2015) As Dragon Boat Festival approaches, the Hong Kong and China Gas Company Limited (Towngas) extended the festive spirit with “Towngas Low Carbon Rice Dumplings Bring Warmth to SAHK” event. Officiating guests, Peter WY Wong, Executive Director and Chief Operating Officer – Utilities Business of Towngas, Fong Cheung Fat, Chief Executive Officer of SAHK, renowned artist Andy Hui Chi On and the service users of SAHK joined hands to make healthy low carbon rice dumplings, spreading love and care to the community while kicking off Towngas annual charitable campaign “Towngas Rice Dumplings for The Community”. Towngas will distribute 330,000 rice dumplings to the less fortunate this year in June.

Every year, Towngas invites various organisations to participate the “Towngas Rice Dumplings for The Community” campaign – a channel to give back to the needy in the community by sharing love and care during the Dragon Boat Festival. This year, Towngas joined hands with SAHK in which families with children and teenagers having specific needs are invited to the event and wrapped low carbon rice dumplings. Under the guidance of the Towngas Cooking Centre’s instructor, the participating children and teenagers experienced the culinary tradition of wrapping of rice dumplings where they got to exercise their hand muscles and build concentration. The parents also had the opportunity to learn about the importance of low carbon diet and lifestyle, and spend time to pre-celebrate Dragon Boat Festival with their children through the hands-on wrapping of healthy and delicious rice dumplings.

Peter WY Wong, Executive Director and Chief Operating Officer – Utilities Business of Towngas said, “It has been 15 years since Towngas organised ‘Towngas Rice Dumplings for the Community’ charity campaign in 2000. This year, we have mobilised volunteers from 18 districts to help wrap and distribute 330,000 rice dumplings to people in need throughout Hong Kong. Knowing that SAHK provides rehabilitation service for people with different disabilities, we have specially invited them to participate in the event this year. It is a great opportunity for these families to experience hands-on wrapping of rice dumplings, together with a low carbon diet in daily lives.”

Ingredients and amount of intake are very important in a healthier consumption of rice dumplings. Towngas Cooking Centre instructor, Pauline Wong said, “Low carbon rice dumplings have fewer calories than the traditional rice dumplings. On top of low carbon

ingredients, green beans with intact skins and red beans are added to these dumplings, making them even more healthy and nutritious. In recent years, red beans had become the trendy food ingredient for women since they are rich in iron and folic acids, which can help nourish the heart and blood, detoxification, reduce puffiness, swelling or fat, and improve complexion.”

The participating children and teenagers were very excited since it was their first time wrapping rice dumplings. Tin Long, one of the participants expressed, “I am very pleased to have the opportunity to wrap low carbon rice dumplings. It was my first time wrapping a rice dumpling that seemed especially delicious! Together with my mom’s help, I will make more low carbon rice dumplings to share with my friends, plus live a low carbon lifestyle!”

This year, Towngas will collaborate with nearly 240 Legislative Councillors, District Councillors, members of over 16 local organisations and volunteers from all over Hong Kong to wrap and distribute 330,000 rice dumplings for the elderly living alone and the needy. The activity not only spreads much-needed care and love to the community, but also enables those in need to celebrate the warmth of Dragon Boat Festival in an eco-friendly way.

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Press Photos



Photo 1: During “Towngas Low Carbon Rice Dumplings Bring Warmth to SAHK” event, officiating guest Peter WY Wong, Executive Director and Chief Operating Officer – Utilities Business of Towngas expressed that it has been 15 years since Towngas organised ‘Towngas Rice Dumplings for The Community’ charity campaign. This year, Towngas have mobilised nearly 240 Legislative Councillors, District Councillors, members of over 16 local organisations and volunteers from all over Hong Kong to wrap and distribute 330,000 rice dumplings for those in need, spreading much-needed care and love to the needy in the community.



Photo 2: At “Towngas Low Carbon Rice Dumplings Bring Warmth to SAHK” event, Peter WY Wong, Executive Director and Chief Operating Officer – Utilities Business of Towngas and renowned artist Andy Hui Chi On together with Fong Cheung Fat, Chief Executive Officer of SAHK, and two children from SAHK successfully wrapped the “Low Carbon Rice Dumplings” under the guidance of the Towngas Cooking Centre’s instructor, Pauline.



Photo 3: During “Towngas Low Carbon Rice Dumplings Bring Warmth to SAHK” event, SAHK service users played the rice dumplings fishing game with Towngas Volunteers happily to pre-celebrate Dragon Boat Festival.



Photo 4: With the help of Peter WY Wong, Executive Director and Chief Operating Officer – Utilities Business of Towngas and Towngas volunteers, SAHK service users and their families successfully wrapped many beautiful low carbon rice dumplings.



Photo 5: The participating children and teenagers had their first hands-on experience in making rice dumplings using low carbon ingredients. They cheerfully showcased and took photos of their finished products. They were pleased to share their dumplings with families and excited to help protect the environment by leading a low carbon lifestyle.



Photo 6: Green beans with intact skins and red beans are specially added to the low carbon rice dumplings to make the dumplings more nutritious and healthy.

Low Carbon Rice Dumplings (for 10 pieces)

Ingredients:

700g white glutinous rice
80g red beans
80g green beans
300g split green beans
40 bamboo leaves
10 straws

Seasonings (glutinous rice):

1½ teaspoons salt
2 tablespoons oil

Seasonings (split green beans):

1 teaspoon salt
1 tablespoon oil

Method:

1. Rinse, soak white glutinous rice, green beans, red beans and split green beans separately for 2 hours. Drain well.



2. Season glutinous rice and then mix well with green beans and red beans.



3. Rinse bamboo leaves, soak in hot water for 2 hours. Drain, wipe and trim both ends. Soak straws in hot water for ½ hour.



4. Fold 2 leaves to form the top of the dumpling, fill with enough rice mixture and 2 tablespoons of split green beans.



5. Arrange leaves on both sides and tuck in both ends. Tie with straw.



6. Bring a large saucepan of water to the boil, lower dumplings into boiling water. Cover and re-boil, continue to simmer over medium heat for 2.5-3 hours until done. Cool to serve.