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特别的
食物
给特别的
你
Cooking
for a
Cause

LIFESTYLE

FOOD

Cooking For A Cause

Not only does food fills the stomach, but it warms the hearts too. In this brand-new series, follow Danny Yeo and Darren Lim on their journeys, to witness how the Taiwan homeless, the Boston disadvantaged patients, the stray animals and foreign workers in Singapore gains a helping hand from big hearted souls - those who cook for a worthy cause.

Hosts: Danny Yeo and Darren Lim

特别的食物给特别的你

食物传递味道，也传递人情。一顿饭不只给予温饱，也能点亮一个人和一群人的生活。主持人杨君伟和林明伦到访台湾街友、波士顿的弱势病患、新加坡的客工和流浪猫狗，见证善心人散发爱心，把特别的食物献给特别的受益人。

主持人: 杨君伟 和 林明伦

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Episode 1: Cooking For Taiwan Homeless

Once a month, Taipei's NGO "Do You a Flavor" gathers volunteers to collect fresh food produce donated by market vendors and cook up a storm - all to create a warm and delicious meal in a box, to be delivered for the homeless lining the streets at Taipei train station. Follow Danny Yeo as he catches up with the homeless and discovers what drives them to the streets.

Episode 2: Homecooked Food For Rural Area Patients And Families

India's village folks bear the brunt of the weight of an imbalanced healthcare system. The very sick often travel far to city hospitals for treatment. Darren Lim visits Nagpur and discovers how a local charity organization Seva Kitchen and their volunteer team, has been cooking up free home cook meals for the patients and families craving for a taste of home.

Episode 3: US Boston, Medically-tailored Nutritious Meals For Patients

In Massachusetts Boston, NGO Community Servings dishes out more than 2400 servings of nutritious meals daily to chronically and critically ill patients and their families. Each meal is medically tailored and scratch-made, delivered to their doorsteps. Danny Yeo discovers how the concept - "Food is Medicine" is being practiced in this community kitchen.

Episode 4: Cooking Vegetarian Food For Mindfulness And Charity

Buddhism is steeped in Hue, central Vietnam, having vegetarian food is nourishing not only for the body but also your soul. Darren Lim visits a Buddhist temple, to learn from the nuns, the right mindset to cook vegetarian meals, and how to have a meal mindfully. He also meets some Vietnamese young adults and is surprised - being a vegetarian transforms life.

Episode 5: Singapore, Food Projects For Migrant Workers

Danny Yeo visits a foreign worker dormitory to join the migrant workers for their daily and festive meals. He also learns from NGOs such as WIMBY - how food initiatives - cookies and cakes - are canvassed from the public, to express thanks to migrant workers. For some migrant workers caught in a bind, there's also legal help and a free meals program ran by TWC2.

Episode 6: Singapore, Cooking For Animals

One of the world's 10 best zoos - the Singapore Zoo serves up to 15,000 animals a day! Besides ensuring the food is fresh, feeding is tailored to fit the animal's wildlife foraging instincts. Danny Yeo witnesses how a cat lover creates nourishing recipes to heal sick cats under his care, and also, how the blind bakes sweet treats to reward his faithful guide dog.

Episode 7: Cooking For Second Chance (Part 1)

In Taiwan, ex-inmates are identified as "the re-borns" in media, instead of labelled as ex-convicts. However, for those convicted for drug abuse, rehabilitation remains a twisted journey. Andie Chen visits a special organic farm in Taipei- a halfway house for drug addicts, young and old- and see how farming and cooking, has given them a new lease of life.

Episode 8: Cooking For Second Chance (Part 2)

Chef Wee Bin, ex-captain of the National Culinary Team, trains ex-offenders to cook professionally. Matthew Poh, having done a short sentence for drug offence, started a cafe upon release to reintegrate ex-offenders into society. Follow Danny Yeo as he visits halfway house and social enterprises to see how cooking provides a ticket to a second chance in life.



Episode 1: Cooking For Taiwan Homeless

台北非营利组织《人生百味》每月举办一次《石头汤计划》，向市场摊贩募集食材，集结志工一起做饭，发送给台北车站的街友。杨君伟参与了《石头汤计划》为街友们派送便当，也深入了解街友们在街头的困境和难处。

Episode 2: Homecooked Food For Rural Area Patients And Families

印度乡区缺乏完善医疗设备，人们只得长途跋涉到城市治病。林明伦到印度中部城市那格浦尔，了解穷困病人在异地求医所面对的问题，拜访当地一家慈善组织(Seva Kitchen) 加入他们的志工团队，为病人与家属做饭，递送温暖关怀。

Episode 3: US Boston, Medically-tailored Nutritious Meals For Patients

美国波士顿有家《社区便餐》非营利组织针对各别病人的医疗情况，每天烹煮多达2400份营养餐点，免费送上门给低收入慢性和重病患者和家属享用。杨君伟实地了解组织如何把食物当成“药物”来减低病人的长期医疗开支。

Episode 4: Cooking Vegetarian Food For Mindfulness And Charity

越南顺化因受佛教影响，素食成了当地人重要的饮食，吃素不只为健康也为修身养性。林明伦到当地佛庙，与出家人一起烹煮素食享用素饭体验佛家正念的修行，并走入民间结识当地年轻人，了解他们如何通过素食改变生活。

Episode 5: Singapore, Food Projects For Migrant Workers

新加坡客工人数占总人口近20%；杨君伟进入一家客工宿舍了解他们如何解决三餐、庆祝佳节。他也走入社区，了解非盈利组织，像“一街之善”怎么号召国人捐助糕点向客工表达谢意；“客工亦重”如何通过热食为受伤的客工送暖。

Episode 6: Singapore, Cooking For Animals

新加坡野生动物园每天要帮1万5000只动物配饭，食材除了要像野外一样新鲜，喂食也要兼顾动物的野生觅食天性！杨君伟探访收养社区猫的“猫爸爸”，看他如何通过食物帮动物治病延寿，并亲自感受盲人为导盲犬烘焙的用心。

Episode 7: Cooking For Second Chance (Part 1)

在台湾，前囚犯被友善的称为更生人；前囚犯当中，以前嗜毒者最难感化，也遭受更大的歧视。艺人陈邦鋆到台北一家安置了从老到少戒毒者的有机农场，了解戒毒者的戒毒经历，以及他们为重返社会尽心竭力的故事。

Episode 8: Cooking For Second Chance (Part 2)

曾代表新加坡出赛的大厨邱伟民，传授厨艺为前囚犯创造就业机会。傅孙明幸运逃过十年刑期，出狱后创办咖啡厅聘请前囚犯，帮他们重返社会。杨君伟走访中途之家和社会企业，了解食物如何帮助前囚犯开启第二人生。