



LIFESTYLE

INFO-ED

Meals on Mission

The outbreak of Covid19 has prompted many to step forward to put out meals in community kitchens to serve the underprivileged. Celebrity Michelle Chia joins these kitchens to reveal the laborious challenges involved. Will she triumph the ultimate Meals on Mission test to helm the kitchen for a day?

Host: Michelle chia

暖心厨房

新冠疫情期间，不少新加坡人发挥爱心加入社区厨房的工作队伍，为弱势群体备餐送餐。艺人谢韵仪当起社区厨房义工，亲身体会当中一切苦与乐。她必须学习厨房一整天的运作，然后扛起煮饭送饭的终极任务，她办得到吗？

主持人: 谢韵仪

Language: Chinese

Episode: 10 x 60 minutes
Producer: Threesixzero Productions
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Episode 1: Singapore Buddhist Welfare Services Part I

The Singapore Buddhist Welfare Services community kitchen opens its doors to TV crew for the 1st time! How does the kitchen put out 100 vegetarian meals daily, six days a week with only 7 staff? In this 1st episode, presenter Michelle Chia needs to learn how to prepare meals efficiently with love.

Episode 2: Singapore Buddhist Welfare Services Part II

After a week of crash course in vegetarian cooking, Michelle will now take over the community kitchen at Singapore Buddhist Welfare Services, with the help of a mystery celebrity guest. On the day of mission, they are hit with unexpected news. Will they be able to cook and deliver 100 meals on time?

Episode 3: Krsna's Free Meals Part I

Michelle Chia finds herself in the heart of Little India at Krsna's Free Meals. The kitchen serves up to 1800 vegetarian meals to migrant workers and the needy in one day! In the kitchen chaos, will Michelle be able to master the art of Indian cuisine and complete her task to take over the kitchen?

Episode 4: Krsna's Free Meals Part II

Michelle Chia's mission in Krsna's Free Meals is to prepare lunch for 600 beneficiaries in less than 2 hours! With no prior experience in cooking Indian dishes, and what more in such huge quantities, will she be able to tackle this seemingly impossible mission together with her mystery guest?

Episode 5: Thye Hua Kwan Moral Charities Part I

Everyday, as many as 1600 meals are delivered to the doorsteps of frail and elderly persons by the staff of Thye Hua Kwan Moral Charities. But when Michelle Chia reports to the central kitchen on her first day of work, she was barred from entering. Will she be able to fulfil her mission this time?

Episode 6: Thye Hua Kwan Moral Charities Part II

This week, Michelle Chia faces a challenge like never before. She would need to singlehandedly cook 100 meals for beneficiaries from the Thye Hua Kwan Moral Charities. Will she be able to tame her fears in the hot kitchen as well as a celebrity guest helper who doesn't fail to bicker with her?

Episode 7: Raydy Beehoon

Run by a group of entrepreneurial undergraduates, Raydy Beehoon transformed from a food stall to a community kitchen during the pandemic, distributing beehoon to those in need. For someone who has never cooked fried beehoon before, will Michelle Chia be able to whip up huge quantities of beehoon?

Episode 8: The Social Kitchen

The Social Kitchen is a social enterprise that provides employment for people with special needs, and also free meals for the needy. As part of her mission at Social Kitchen, Michelle Chia will need to raise \$1000 and prepare 100 meals! What challenges awaits her and her mystery celebrity helper?

Episode 9: Willing Hearts Part I

Michelle Chia enters Willing Hearts, the biggest community kitchen in Singapore that provides over 9000 meals for the vulnerable daily, island-wide! Working alongside over 50 volunteers in this chaotic kitchen that runs close to 12 hours every day, from 4.30am to 4.00pm, how will Michelle fare?

Episode 10: Willing Hearts Part II

In this last episode, Michelle Chia encounters her biggest challenge in the series - to turn out 9000 meals in a day! Michelle calls upon the help of a special guest who has cooked for the hundreds before. Little did she know, a celebrity superstar volunteer is on his way to give her a surprise.



第一集

新加坡佛教福利协会破天荒一次让摄制队进入社区厨房拍摄！厨房只有7个工作人员，却可以一周六日为贫病老人送上100份美味的斋食便当，秘诀在哪里？有幸进入低调厨房学习的谢韵仪，如何与时间赛跑，煮出美味斋菜？

第二集

谢韵仪练习了一周的斋菜料理功夫就要派上用场，她会找哪位艺人朋友助她一臂之力，完成为乐龄人士们烹煮和递送午餐的终极任务呢？她和这位“厨艺了得而且热心公益”的超级助理会在时间很紧张的厨房里擦出什么火花？

第三集

位于小印度的Krsna厨房一周七日为客工和贫困老人准备垂涎三尺的早午餐。这间厨房一天可分派多达1800份的印度素食料理。对印度料理毫无头绪的谢韵仪能否及时掌握印度料理的烹饪技巧，成功完成接下来的任务？

第四集

谢韵仪这次将挑战在两个钟头以内为600位受益人准备丰盛的午餐。从未尝试烹煮印度料理，也从来没有为这么多人下厨过的韵仪，会如何应付这看似不可能的任务呢？她又会找哪个救星来帮助她呢？

第五集

太和观慈善机构的膳食送餐服务已经有20年，机构每天所派送的饭盒多达1600份！主持人谢韵仪来到机构所属的中央厨房，却被谢绝门外。一开始实习就碰上状况的韵仪是否能够顺利完成这次《暖心厨房》的使命？

第六集

之前有了三个暖心厨房实习经验的谢韵仪，这一集面临前所未有的挑战！她将一个人以太和观慈善机构的膳食派送服务烹煮100份便当！害怕热油烈火的她，要如何边煮边带领喜欢和她斗嘴的明星帮手，完成这次的任务？

第七集

这一集的暖心厨房就坐落在南大宿舍的食堂里。这个由一群大学生经营的【米粉先生】档口在短短两个月内就筹集了高达16万的善款，分派出多达6万份的膳食。谢韵仪能否跟上他们青春的步伐，一起炒出美味的米粉呢？

第八集

【群居厨房】这家社企餐馆除了给予弱势群体就业机会，也为有需要的家庭提供免费餐食。在餐馆的送餐计划下，谢韵仪必须筹集\$1000并准备100份餐食！她究竟会找哪位艺人朋友帮忙？他们又会碰到什么艰巨的挑战？

第九集

终极“巨无霸”厨房【愿之心】登场！这个全年无休为全岛弱势族群服务的厨房，每天烹煮超过9000份便当！在这个一刻都闲不下来的厨房里，谢韵仪要如何找到自己的岗位，并与50位义工并肩完成这项不可能的任务？

第十集

暖心厨房最后一集，谢韵仪碰上有史以来最艰巨的终极任务 - 她必须协助主厨烹调9000份膳食！为了完成这看似不可能的任务，谢仪找来了参与过千人膳食计划的嘉宾帮忙，而演艺圈的大哥大也前来当她的明星助手！