

## “Food for Love; Love for Food” Photo Campaign



### **Sharing Your Favorite Dish with a Positive Message**

You are invited to join the “Food for Love; Love for Food” Photo Campaign (11 - 31 March 2014) jointly organized by cafe330 (2nd floor, Chong Yuet Ming Amenities Centre) and student volunteers of \*Project HEaRT. The campaign aims to promote positive attitudes, raise students’ awareness of healthy eating and encourage students to express gratitude to their love ones.

#### **Food photos wanted!**

Share your food photo with a positive message by simply clipping your photo and its message on the cafe330 board which is created for idea exchange. Alternatively, you can post it on the facebook ([www.facebook.com/hkuprojectheart](http://www.facebook.com/hkuprojectheart)) of Project HEaRT. Photos winning many "Likes" will be printed out and posted on the cafe330 board too.

#### **Themes of the photos: (you can choose any one of these)**

- Your favorite food/dish that makes you feel happy and stay healthy
- The dish you want to prepare for your love ones or receive from them
- Pick a type of food to describe the one you love

This campaign is for all HKU students. Post your food photo today and don’t forget to “Like” the ones with a best-matched positive message!

Enquiry: [cedars-cope@hku.hk](mailto:cedars-cope@hku.hk)

CEDARS-Counselling and Person Enrichment

#### **\*About project HEaRT**

Project HEaRT, is a campus-wide social inclusion platform for HKU students to get involved in the promotion of healthy living and community support for people with mental or physical disabilities. Student volunteers will work closely with vocational trainees of cafe330 and Power Mart, two social enterprises situated at the east end and west end of our campus.

“HEA” (HEa) in Cantonese sometimes carries a negative meaning of being lazy. But each of us needs to “HEA” (relax) once in a while to nurture our inner-self and to care about people around us. Project HEaRT implies the art of “HEA” – knowing when to study and work hard and when to break away from the routines and appreciate the hidden beauty of daily life.