



Mr LO Cheuk Yin

Community Education Officer, Mealingful Limited

Mr Lo Cheuk Yin (Jackson) is one of the co-founders of Mealingful Limited, a social enterprise that aims to improve the quality of life of the elderly and people with dysphagia by delivering decent soft meals. Along with other co-founders, he aspires to build a supportive community through enhancing the public awareness of dysphagia. He graduated from the University of Hong Kong with a bachelor degree in social work and social administration. After his graduation, he continued to contribute to the services of the elderly as a registered social worker. He believes everyone is able and is responsible to contribute to the community.

Topic: Soft Meal Cooking Workshop

During the interactive cooking demonstration, the speaker will demonstrate the steps of soft meal preparation and soft meal cooking. The participants will be separated into groups to understand the ingredients, cooking skills, the ratio of water and food gallant and safety procedures.

Apart from the cooking demonstration, the causes, symptoms of swallowing difficulties will be introduced to enhance the understanding of the needs and difficulties encountered by the various patients. Some basic feeding tools and feeding skills are also included in the sharing.



Soft Meal: Chicken Leg



Soft Meal: Moon Cake



羅卓賢先生

軟膳點社區推廣主任

羅卓賢（Jackson）在大學時期和3位共同創辦人一同開設軟膳點（Mealingful Limited），一間以改善吞嚥困難人士的生活質素為己任的社會企業，提供一站式精緻軟餐及吞嚥困難相關產品的網上訂購及送貨服務，同時亦舉辦社區活動推廣，提升大眾對吞嚥困難的認知。在投身社會企業之後，他畢業於香港大學社會工作及社會行政學系，成為註冊社工，繼續投身在安老服務。Jackson相信人人有責和有能力回饋社會。

題目：「長者友膳」軟餐廚房

本次軟餐廚房中，參加者可以了解軟餐製作過程。講者會介紹軟餐制作的食材比例，安全指引和製作技巧。

除了煮食示範外，參加者會了解吞嚥困難的成因和徵兆，明白患者平日的困難和需要。進一步介紹家人如何照顧患有吞嚥障礙的人士，例如餵食技巧和餵食工具等。



軟餐：雞脾



軟餐：月餅