

Reducing Food Waste and Helping to Relieve Hunger
停止粮食损失和浪费，让我们一同战胜饥饿



In Malaysia 3,000 tonnes of edible food is thrown away each day and about 1/3 of food produced in the world is either lost or wasted. This is enough to feed 10 million people every day!

The Lost Food Project (TLFP) is a Malaysian not-for-profit organisation dedicated to a sustainable future by rescuing 'lost' food and finding it a new home for people who need it the most. TLFP prevents quality, nutritious food and other surplus goods from going to landfills and redistributes this food and other essential items to those in need.

Currently, TLFP rescues an average of 10 tonnes of food per week from going to landfills. While this is a good start, it is only 1% of the total food being thrown away, and there is much more that needs to be done. Therefore, it is important for everyone to play their part in being aware of the problem and understanding the solution.

在马来西亚，每天有 3,000 吨可食用食物被丢弃，这相当于全球生产的三分之一的食物被丢弃、被浪费。这足以每天为 1000 万人提供食物。

“The Lost Food Project” (TLFP) 是一家马来西亚非营利组织，致力于通过挽救“丢失”的食物并将其提供给最需要的人，实现可持续未来。TLFP 防止优质、营养丰富的食物和其他过剩物品被送往垃圾填埋场，并将这些食物和其他必需品重新分配给需要的人。

目前，TLFP 每周从垃圾填埋场救助平均 10 吨食物。虽然这是一个良好的开端，但只占被丢弃食物总量的 1%，还有更多需要被收集的食物。因此，对于每个人来说，了解这个问题与解决方案非常重要。

Strengthen Food Security for Underprivileged PPR Families
食品援助计划：帮助人民组屋的弱势家庭



Food security is a significant issue facing low-income residents in Malaysia. PPR (Program Perumahan Rakyat) is a government-led initiative designed to provide affordable housing for low-income households. However, many residents of PPR homes still struggle to meet their basic needs, including access to sufficient, safe, and nutritious food.

The Community Day with residents of PPR project is an initiative undertaken by the Great Heart Charity Association, a non-governmental organisation that is committed to supporting underprivileged communities in Malaysia. The project aims to address the issue of food insecurity faced by low-income residents of PPR homes.

Through the distribution of essential groceries such as rice, cooking oil, dried noodles, and other crucial items, the project seeks to ensure that underprivileged PPR residents have access to basic food necessities.

粮食断缺是马来西亚低收入家庭所面临的一个重大问题。PPR 是一项政府主导的人民组屋计划，旨在为低收入家庭提供负担得起的住房选项。然而，许多 PPR 的居民仍在努力满足他们的基本生活需求，包括获得充足、安全和有营养的食物。

PPR 居民社区日是由 Great Heart Charity Association 发起的一项慈善活动，他们是一群致力于帮助马来西亚贫困社区的非政府组织。该项目旨在解决 PPR 低收入家庭所面临的粮食短缺问题。

通过发放基本食品，如大米、食用油、面、饼干和其他基本粮食，该项目确保贫困的 PPR 居民能够获得基本的食品必需品，来维持生活。