

## **SGX Bull Charge Cares: February Cook-A-Meal with AWWA Seniors**

The Legal, Compliance and Company Secretary team at SGX was thrilled to be given the opportunity to work as a team and experience the joy of preparing delicious and nutritious food for 200 seniors as part of our Bull Charge Cares initiative on 22 February 2017.

From planning, grocery shopping to preparing the menu, the team contributed with great pride and everyone enjoyed the experience. The lunch menu for the day was curry chicken, braised beancurd with mushrooms, carrot and corn soup, and sweet potato and ginger soup for dessert.



The day started bright and early at the Senior Activity Centre, washing, peeling and cutting bagfuls of carrots, onions, corn, ginger and sweet potatoes. In the meantime, some members of the team were in the residents' kitchen preparing two large pots of chicken soup, and once the vegetables were ready, they were added to the soup. Before long, the aroma of fresh chicken soup was wafting through the kitchen and down the corridor. As a result, some seniors started to queue for their lunch before the designated lunch hour, putting pressure on those in the kitchen to hasten lunch preparations! But fret not, all went well as the team felt every meal should be prepared not only from the best ingredients, but also with love.



With an hour to go before lunchtime, the final preparations were boiling the sweet potatoes and ginger to make a nutritious and tasty dessert for the seniors. Then it was time to get ready for lunch service. The food was packed in individual portions into attractive green and blue SGX "tingkats" which were given to the seniors as a memento, and for them to use for future meals prepared by our SGX volunteers. Adopting the motto "Service with a Smile", the team distributed the food to the seniors while those who were unable to head to the Activity Centre, their lunch was delivered to their doorstep.



The seniors were very appreciative and expressed their thanks to the team by giving positive reviews of the food. The team in turn was more than rewarded for their efforts by seeing the seniors' happy smiles and contented faces from having a warm nourishing meal. Quality nutritious food is essential to good health. A good meal, however, brings people together. Memories are recalled, relationships are strengthened and new memories are created. The team found a place that shared their passion for people as well as food.