

To : Dining/ Feature/ Culture/ Supplement Editors  
From : Hung Fook Tong  
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## **Hung Fook Tong x Bakery Fusion Five-Colour Cookies** **Achieve wellbeing, support social enterprise**

People are becoming more and more aware of the importance of a balanced diet. Among many healthy diet concepts, the traditional “Five-colour diet” is gaining popularity because of its easy-to-follow principle. Hung Fook Tong has dedicated itself to promoting traditional Chinese herbal culture and strives to select high-quality ingredients to produce natural, healthy and tasty products for its customers. This belief has led us to collaborate with the like-minded social enterprise Bakery Fusion by The Providence Garden for Rehab — a social enterprise for ex-mentally ill and mentally handicapped persons, to launch the “Five-colour cookies”. The packaging also features five pairs of animals drawn by the members of The Providence Gardens for Rehab, which not only symbolize the Five-colour health concept but also embracing community spirit.



### **What is Five-colour health concept?**

The Five-colour health concept is a traditional Chinese medicine concept, which is documented in classic TCM textbook “Emperor’s Inner Canon” 《黃帝內經》. Seasonal foods are divided into five colours, which are green, red, yellow, white and black. Each colour is responsible to nourish corresponding organs. To stay healthy, people should eat the food of these five colours accordingly.

### **Five-colour cookies \$48**

The Hung Fook Tong x Bakery Fusion Five-colour cookies are handmade by the members of The Providence Garden for Rehab, using natural ingredients and without artificial additives. Each box contains cookies of five different colours and flavours, which helps nourish your organs and achieve wellbeing.

### **Green – Green Tea with Pumpkin Seed Cookies – Soothing livers and gallbladders**

Green food helps relieve fatigue, depression and anger. Rich in folic acid, it helps improve metabolism.



**Red – XO Sauce Chili Cookies – Strengthening hearts**

Red food is rich in iron, vitamins and antioxidants, and can lower cholesterol, strengthen your heart and improve blood circulation.



**Yellow – Lemon Mango Cookies – Improving digestive systems**

Yellow food contains a types of carotene and Vitamin C. Carotene can be converted into Vitamin A, which is essential for a healthy intestinal mucosa and a better gastrointestinal motility.



**White – Coffee Almond Cookies – Nourishing respiratory systems**

White food contains protein and calcium, which helps nourishing lungs and respiratory systems.



**Black – Shou Wu with Black Sesame Cookies – Nourishing livers and kidneys**

Black food contains various micro elements, vitamins and amino acids. It helps improve “qi” and is really good for livers and kidneys. It also helps better blood production and can strengthen immunity.



The healthy and tasty five-colour cookies are now available at all Hung Fook Tong Shops from 5 Sept onwards. Grab a healthy snack and support a local social enterprise!

**About Hung Fook Tong :**

Founded in 1986, Hong Kong-based Hung Fook Tong has dedicated itself to promoting traditional Chinese herbal culture. Holding fast to our core value “Naturally Made · Wholeheartedly Good”, we only strive to select high-quality ingredients for our products, and not to add any additives, MSG nor artificial colourings in the production process. We also see educating the public about Chinese herbal wisdom and helping apply it in daily life as part of our corporate mission. Thus, to develop a better community, we strongly support organizations and social enterprises with similar core values when fulfilling corporate social responsibility. The Providence Garden for Rehab – Bakery Fusion is the first social enterprise that Hung Fook Tong has collaborated with to produce a new product.

[www.hungfooktong.com](http://www.hungfooktong.com)

**About The Providence Garden for Rehab – Bakery Fusion :**

The Providence for Rehab is a rehabilitation service unit under Hong Kong Sheng Kung Hui Welfare



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Council Limited. Since 2006, they have provided diversified and innovative rehabilitation services to more than 1,000 ex-mentally ill persons, mentally and severely physically handicapped persons.

Established by The Providence Garden for Rehab, Bakery Fusion provides employment opportunities and trainings to their members. The goal is to improve their ability to work in the food manufacturing industry and promote cuisine culture with the use of healthy ingredients.

<http://pgr.skhwc.org.hk>

**\* Interview can be arranged with the members of The Providence Garden for Rehab.**