

愛心中餐:華裔青年在行動

原創 APAPA Ohio Youth 俄州亞太聯盟

“愛心中餐”是由美國華人聯合會(UCA)組織的一次全國性活動,也是包括美國中餐館聯盟在內的華裔組織的聯合。目標是協調全國各地的華人,為在新冠(COVID-19)流行期間有需要的人提供餐食。

辛辛那提 APAPA 青年分會得知這一消息後,我們立即開始籌款購買食物。在 48 小時內,我們籌集了將近 3000 美元,能夠購買 600 頓熱餐。一旦有了資金,我們便開始聯繫有需要的地方,例如無家可歸者收容所,養老院和有貧困兒童的學校。我們最終決定捐贈給三個地方,New Housing Ohio 那裏有無家可歸的庇護所,Joshua's Place 有貧困兒童,Floral Garden Senior Home 有需要幫助的老人。

青年分會成員感到非常興奮,因為他們意識到自己在為社區做有意義的事情。他們運送食物的那一天(5月10日),天氣寒冷多雨,但是年輕人很興奮,很早就去了那裏,確保所有食物都準備好並且可以安全地裝滿。當他們到達那裏時,收容所人們已經在停車場等着。由於 COVID-19,我們都戴着口罩和手套,我們並要保持社交距離,不能握手。但是我們看到他們眼中的笑容和火花,聽到一遍一遍的感謝,我們為自己作為華裔美國人而感到自豪。

當我們去 Joshua's Place 時,年輕人用自己的錢,買了學習用品並製作了 200 多個袋子,精心製作了帶有暖心的卡片,放在袋子裏,在我們送食物時交給了那些家庭。APAPA 年輕人做得真是感人和周到。

上一次大流行病是 100 年前,今年不幸又發生了。但是,我們通過回饋我們的社區,使這一不幸的事件成為有紀念性的記憶。我們的 APAPA 年輕人傳遞了一個很好的信息 - 雖然我們不能在一起,但是,有我們,你不孤獨!

下面是辛辛那提 APAPA 青年分會和克利夫蘭 APAPA 青年團的青年們參加活動的心得:



Andy Gao
As a Cincinnati APAPA member, I enjoy bringing care and happiness to the community through programs like Food of Love.



Claire Meng
The Food of Love event not only made me realize how many people need help in a time like this, but how simple it is to give help. It was really inspiring to see how a group of people could gather together enough donations for over 600 boxes of lunch so quickly. This event is the type of things we need in a time of crisis, and I'm so glad I was a part of it.

愛心中餐活動不僅讓我意識到疫情期間有這么多人需要幫助,也讓我意識到只要努力就可以幫助到別人。一個團隊的華人在如此短時間內就募集到足夠的資金買了 600 盒午餐,這非常鼓舞人心。危機當前,我們特別需要這樣的愛心活動,我很高興能夠參加到這次愛心活動當中。

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Craig Qi
I thought the Food of Love Day was a great demonstration of what it means to be American. It is only through our efforts to help others, especially during this time of crisis, can we Chinese Americans change how society perceives us. Sunday was also the first time I wore a mask and breathing with it on was a new experience. My experience on Sunday made me even more appreciative of our nurses and physicians fighting on the frontlines because they must experience the same discomfort for multiple shifts.

我覺得華人愛心中餐活動很好地展示了作為美國人意味着什麼。在當前特殊的疫情形勢下,通過我們的行動去幫助別人,會有效地改變我們在社會其他人眼中的形象。周日的活動也是我第一次戴上口罩外出參加活動,戴着口罩呼吸對我是一個全新的體驗。這種體驗讓我更加感激戰鬥在前線的醫生和護士,因為他們要在上班時間一直忍受這種不舒服,有時還要加班加點。



Avril and Audrey Kong
我們喜歡美食。在這個困難的時候,我們希望那些需要幫助的人能有足夠的食物渡過這

段時期。所以我們捐款給 Food of Love,希望中餐美食可以給他們帶去一些溫暖和希望。在疫情中,我們一起共度難關。

We love food. In this difficult time, we want those who are in need to have enough food to help them go through this unrepresented challenging period. Therefore, we donate to Food of Love program, and hope they enjoy delicious Chinese food, and feel supported. Together, we will get through the pandemic!



Irene Zhang
During the "Food of Love" event I drew those little cards, I wish it shows families that they are not alone, and we can get through the hard times together. Hopefully the cartoon character brought back some fun memory, I think it symbolized happiness, and I hope what we (APAPA) are doing bring warmth and hope to their family.

在愛心中餐日的活動中,我畫了那些小卡片,我希望它向大家表明他們並不孤單,我們可以一起度過艱難時期。我希望卡通人物能帶回一些有趣的回憶,我認為它象徵著幸福,也希望我們 (APAPA) 所做的一切能夠給他們的家人帶來溫暖和希望。



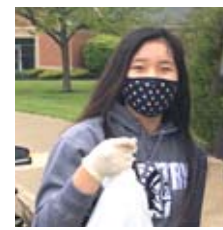
Jessica Li
在這個空前的危難時期,我們應該更加的團結。我們想讓每個人都能感受到,他們不是孤單的,他們都是被關愛的。當我們聯合起來的時候,我們就更有力量!

In this critical and unprecedented time, we should be more united than ever. We want everyone to feel that they are loved and not alone. We are stronger when we're together!



Julia Zhu
I am an eighth-grader at Mason Middle School. I enjoyed the Food of Love Day event, it was a kind and helpful thing to do for the underprivileged families during COVID-19. I liked how doing one simple thing, such as giving out food to families, could just put a smile on their faces.

我是 Julia。我在 Mason 讀八年級。我非常喜歡 Food of Love Day 活動。在 COVID-19 時期能幫助貧困的家庭是一件很有意義的事情。送食品給需要的家庭雖然簡單,但是我看到他們臉上的笑容我很開心。



Katie Wang
May 10th is a significant date in Chinese Americans history. It marks the completion 151 years ago of the Transcontinental Railroad, which early Chinese immigrants helped construct. May is also designated as Asian Pacific American Islander Heritage Month. With the COVID-19 crisis creating so much food insecurity for Americans of all ethnicities, it is a great time to come together and share with our neighbors. United Chinese Americans (UCA) has launched Food of Love event nationwide, many Chinese organizations in 50 states have joined the effort. I feel so honored to be a part of it. Cincinnati APAPA Youth members started fundraising right away, within 48 hours we raised almost \$3000, and later purchased 600 hot meals and delivered to homeless shelters, underprivileged families, and senior homes. This is a great way to show the care and love from Asian Americans to our neighbors during this pandemic. Even though I have been volunteering for years, this event inspired me the true meaning of giving back to our society, and it made me proud as a young Asian American. I have determined to continue volunteering, contributing to society and making difference to the world.

5月10日是華裔美國人歷史上的重要日子。它標誌着 151 年前的橫貫大陸的鐵路建成,早期的中國移民幫助修建了該鐵路。五月也被指定為亞太太平洋島民遺產月。由於 COVID 危機給每個人造成了極大不安全,是時候與我們的鄰居相互幫忙。美國華人聯合會在全國範圍內發起了“愛心中餐”活動,來自 50 個州的許多華人組織也參與其中。我很榮幸成為其中一員。辛辛那提 APAPA 青年會員聽到消息立即開始籌款,在 48 小時內,我們籌集了近 3000 美元,後來購買了 600 頓熱飯,並運送到了無家可歸者收容所,貧困家庭和養老院。這是在大流行病

期間向我們的鄰居表達亞裔美國人的關懷和關愛的好方法。儘管我已經志願服務多年,但這次活動感受了回饋社會的真正意義,這讓我作為一個年輕的亞裔美國人感到自豪。我決心永不停止志願服務,為社會做出貢獻,讓世界變得更好。



Kellan Ren
During these times of crisis, everyone must come together, and do what they can to help those in need. The month of May is Asian Pacific American Heritage month, and APAPA and Hua Xia Chinese School

saw this as an opportunity to give back to those who need support. During the Food of Love, we collected around \$3,000 in one week, which provided 600 boxes of lunch and 200 bags of school supplies to families who need every extra bit of support as they can get. Thanks to our volunteers, we were able to distribute the goods to families all around Cincinnati.



Kevin Ren
Although Covid-19 has drastically changed our world and environment that we live in, it is great to see how we help and impact society. During the celebration of Asian Pacific American Heritage in the month of May, it

is heart warming to see how involved the Asian community is to help battle the coronavirus. Together, during the Food of Love event, we collected \$3,000 in one week which allowed us to donate 600 lunch boxes and 200 bags of school supplies to families in need. Thank you for your involvement!



Sophia Zou
1869年5月10日,這一天就是後來成為美國歷史的一個巨大的里程碑。經過 6 年的艱苦努力,兩萬名中國勞工幫助修建的橫貫美國大陸的鐵路終於完工。這條鐵路對當時居住在西海岸的每個人都產生了巨大影響。

它不僅使運輸時間大大縮短,而且對美國產生了巨大的影響,直到今天仍然可以感受到它的影響。為了紀念中國勞工的辛勤勞動,“亞太紀念月”誕生了。每年五月,它成為美國亞裔聚會慶祝這一重要時刻的一種傳統。但今年由於新冠病毒的嚴峻形勢,我們決定盡力幫助那些有困難的民眾。辛辛那提亞太聯盟(APAPA)與大辛辛那提地區的其他華裔機構合作組織了“以食送愛心”活動,向有困難的民眾捐贈食物和物資。在不到一周的時間里,我們在會員的慷慨支持下籌集了近 3,000 美元。有了這筆捐款,我們就可以為辛辛那提地區的有困難的民眾提供幫助。具體來說,在 5 月 10 日,我們前往西切斯特的 Twin Dragon Buffet 餐館,購買了 300 盒午餐,然後由 APAPA 志願者包括學生和父母,將這些午餐送到了新俄亥俄州的庇護所,然後,把這些午餐在辛辛那提附近分發給在這個艱難時期最需要幫助的民眾。在這場危機中,我們能夠為辛辛那提最需要我們支持的人送上一份愛心。我們與民眾同心抗疫!

151 years ago on May 10, 1869, what would later be a huge milestone in American history was completed. The Transcontinental Railroad that twenty-thousand Chinese workers helped build was at last finished after six years of hard work. This railroad had a huge impact on everyone that was living in the West Coast during that time. It not only made transportation significantly shorter, but also contributed a large impact to America that would still be felt to this day. In honor of the Chinese workers' hard work, the Asian Pacific Heritage Month was born. Every May, it has become a tradition for people to gather to celebrate this momentous occasion. This year however, with the extenuating circumstances of COVID-19, we decided to do what we could to help out those who may be struggling. Asian Pacific Islander American Public Affairs (APAPA) Cincinnati teamed up with other Chinese-American organizations within the Greater Cincinnati area to organize the Food of Love event to donate food and supplies to people in need. In less than a week, we collected nearly \$3,000 from the generous support of our members. With this contribution, we were able to meaningfully help out many people in the Cincinnati area. Specifically, on May 10th, we headed to the Twin Dragon Buffet in West Chester to pick up 300 meals, which was then transported by a few carfuls of APAPA volunteers, which included an equal mix of students and parents alike, to the New Housing Ohio shelter. These meals would then be

widely distributed around Cincinnati to those that need it most in this tough time. In the midst of this crisis, we were able to offer a bit of comfort for people all over Cincinnati who needed our support the most. We're all in this together!



Sarah, Amy and Ben Wang
Since the pandemic started, I am not able to go back to school, not able to play with my friends, but I have been enjoying delicious home made meals my mom makes every day. But my heart is heavy when I think about the families who can't afford hot meals on the daily basis. So when I heard the food of love program, I signed up right away! And my two sisters also jumped right in. I don't regret donating my hard earned \$50 to APAPA to organize hot meal lunch boxes delivery. My sisters don't regret spending all Sunday night to prepare gift bags full of school supplies to kids who might need them. When we see the smiles of the families who received the hot lunch boxes and the gift bags, we feel so happy that we actually are able to help people who are in need!

自從 COVID-19 流行病開始以來,我無法到學校上課,也無法與朋友玩耍。但我一直享受著媽媽每天做的美味的家常飯菜。但是,當我想到那些每天都無法負擔熱飯的家庭時,我的心會很沉重。因此,當我聽到 Food Of Love 活動後,我馬上報名了!我的兩個妹妹也積極加入進去。我不後悔將辛苦掙來的 50 美元捐給 APAPA 來組織購買熱飯午餐盒。我的妹妹們也不後悔花了整個星期天晚上準備裝滿了學習用品的禮物袋給那些可能需要它們的孩子們。當我們看到收到熱飯盒和禮品袋的家庭的微笑時,我們感到非常高興,我們很高興能夠為有需要的人提供幫助!



Xin Wang
I had an amazing time helping Food of Love to pass out food as well as celebrating Asian Pacific American Heritage month. As an Asian American, it's so nice to know how our community is working together to spread love during this time. Food of Love really is a great program? and I hope that we can continue to help people.

我度過了一段美好的時光,幫助《愛的食物》散發美食,並慶祝了亞太裔美國人遺產月。作為亞裔美國人,我很高興知道我們的社區在這段時間內如何共同努力傳播愛心。?“愛的食物”確實是一個很棒的活動,我希望我們能夠繼續幫助人們。



Jimmy Zhou
This past Saturday, I had the opportunity to visit the Norma Herr Women's Foundation in downtown Cleveland and help distribute food to women in need for Chinese American Food for Love Day. It

was an amazing experience in which I learned a lot about the Norma Herr foundation and how they help these women. My passion for helping these women in need all started at the beginning of the semester in my theology class. We were assigned groups and topics for our major social justice project. Our topic was violence against women, and we did tons of in-depth research about the issue of violence against women and how it affects the community. At this point, I was hooked. We studied the effects globally, nationally, and locally, and we even conducted multiple interviews with people that worked in the field. We eventually ended up making a Google Site that serves as an outlet for all our findings and serves as a platform to raise awareness about violence against women. We also made an Instagram account to engage the community to learn about the problem of violence against women. However, through this whole process, I never got any physical experience, only information through online research and email exchanges. Therefore, I jumped at the chance to actually go to a shelter and get some hands-on experience, and I am so grateful that I did. During the trip, I was able to talk with many of the workers about their situations and about the nature of their work. I also got the opportunity to briefly interact with many of the women in the shelter. It truly is a once in a lifetime experience that I will never forget. It showed me how far a simple act of kindness can go, and I would love to go volunteer again anytime in the future.