



## Food shop project in Vietnam



### Overview:

Assist with food preparation, serving and clean-up at this amazingly dedicated food shop, providing low cost, healthy meals to vulnerable locals in need.

The Food Shop program is NGO run, partnering with local people to provide heavily subsidized, low-cost meals. Its success relies on donations, local assistance and our participants, whose efforts prepare and serve on a daily basis. Anyone and everyone who is in need of support is more than welcome to come in and enjoy these nutritious meals.

### Program description:

“Fill your heart.....and their plate!”

You will be contributing your efforts at The Smile Food Shop, where your task may include food preparation, serving and clean-up, as you bring smiles and affordable hot meals for all who need it.

Established in 2012, The Smile Food shop was opened to help people by providing low-cost lunches for only 2000 VND per meal (about 10 cents). The shop is run by a NGO together with passionate locals and your efforts will be greatly appreciated as well.

In this program you will help to prepare lunches and serve these meals to a group of around 500 people (elderly, local workers, person with disabilities, students and children) who come for low cost, good quality and well-prepared meals each day!

This program is likely to be one of the most challenging, engaging and, at times, one of the most exhausting things you have ever done, where you loved every minute of it!

Please be advised that the Food Shop program continues to function even when the NGO run facility is closed (including a month-long closure around the Tet Holiday). During those periods, Food Shop participants will prepare food on-site at our accommodation kitchen and those free meals will be distributed at a local hospital to patients and local workers.

## **Aims & Objectives:**

- Generate income so that the people of Ho Chi Minh can continue to be provided with hygienic, healthy food at a low cost
- Give you practical experience in the kitchen and an insight into food preparation
- Assist the local staff with extra hands at the food shop

## **Schedule**

### **Monday to Friday**

- 7:00: Depart from our accommodation
- 7:45-8:00 AM: Breakfast
- 8:00 AM- 9:00 AM
  - Sweeping and mopping the floors, wiping trays, and cleaning free meal- cards, tidying up used clothes for donation.
  - Sorting, cleaning and cutting vegetables, peeling, chopping onions and garlic, and cutting meat if necessary.
- 9:00-10:00 AM:
  - Plating the supplementary rice dishes onto trays, including soup, stir-fried vegetables, and rice, and placing the trays on the shelf.
- 10:00 AM-12:00 PM:
  - Serving food: giving trays, serving soup, giving utensils, rinsing tray dishes, wiping trays, and cleaning tables and chairs.

**This program is relocated during periods/holidays when the NGO facility is closed and meals prepared by participants are then distributed at a local hospital**

*This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.*

## **Ho Chi Minh City**

As the country's largest city, bustling with energy, innovation, and constant movement, Ho Chi Minh City—formerly known as Saigon—is the economic heart of Vietnam and the main

hub of the southern region. This cosmopolitan, free-spirited metropolis combines the old and new Vietnam within a compact urban space, embodying both the city's past and future. Ho Chi Minh City is not only Vietnam's primary economic center but also carries numerous cultural and historical imprints from its more than 300 years of developmental history.

## Accommodation

The accommodation is located on a campus in a college dorm. As such, it follows certain campus rules such as a night curfew.

We also have a room reserved as an "office" with 2 computers that you can use, and a beautiful rooftop where you can have a cup of tea and coffee, enjoy sunbathing, and have a chat with others.

There are nice local cafés, convenience stores, supermarkets, pharmacies, swimming pools, and restaurants next to our dorm. A beautiful and peaceful place where you can enjoy fresh juices, snacks, etc.

## Transport

Transportation to the projects and return to the accommodation is included in the program fee via bus (public transport). If you wish to use a taxi instead, you can inform the local team. They will guide you on how to get transportation. Please note that the cost of taxi transport will have to be borne by yourself.