



## Project Dignity Pte Ltd

Block 267,  
Serangoon Avenue 3, #02-02  
Singapore 550267  
ACRA No: 201017313E

# Dignity Kitchen Social Outreach Programs

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Objectives include the following :

1. To encourage team work
2. To appreciate the challenges faced by people with disabilities
3. To understand social entrepreneurship

### **Program A: Working with the Disabled**

**Objective:** To understand the challenges of the disabled/disadvantaged through interactive games.

The group of participants will be divided into a few teams where they would then each face a series of team building games.

Examples of stations:

Station 1 – *Name Signing without Using Voice*. The team will learn how to sign their names using international sign language from an individual who has impaired hearing.

Station 2 – *Art on Dessert*. The team will decorate a serving of pulut hitam (black glutinous rice porridge) dessert using coconut milk with guidance from an intellectually challenged.

Station 3 – *Cups Stacking*. The team will challenge a physically disabled individual to stack cups.

Station 4 – *Peeling of Potatoes*. The team will challenge an elderly person in the activity of peeling potatoes.

Station 5 – *Roller Coaster Marbles*. The team will work with an individual who has partial paralysis to balance a marble on a cord cover.

**NOTE:** The actual number of stations to be set up may vary as it depends on the number of participants.

Each station will take approximately 15 to 20 minutes.

The proposed schedule is as follows:

Arrival (H-Hour) – Briefing on rules and split into teams

H-Hour + 15 minutes – Games start

H-Hour + 1 hour 30 minutes – End of Program and Debrief.

The above program can be organised in the morning or afternoon of a weekday.



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### **Program B: Hawker for a Day**

**Objective:** To appreciate the challenges of the disabled manning the hawker stall and also experience a day in the life of a hawker. This program would be merged with Program C of Lunch Treat for the Elderly, where meals prepared by the participants would be served to old folks who visit Dignity Kitchen for their meal treat for the day.

The group of participants will be divided into teams and attached to each stall.

- A. Bakery – Muffins/ Cookies
- B. Malay Food – Nasi Lemak/ Mee Siam (reserved for Muslims only)
- C. Beverages – Coffee/Tea
- D. Desserts & Fruits – Pulut Hitam/ Tau Suan
- E. Western Food – Chicken Chop/Fish and Chips
- F. Noodles – Bak Chor Mee/ Fishball Noodles
- G. Economic Rice – Fried and stir fried dishes

Each team would consist of 4 to 6 members.

The schedule would be as follows:

0900 – Briefing and teams allocation

0910 – Stalls assignment and instruction by trainers.

0915 – Food preparation involves all members of the team

1200 – Start ‘Lunch Treat for the Elderly’ program. Serve the elderly drinks and food.

1330 – End of elderly meal treat

1335 – Clean up (Some of your participants will help with the cleaning up of the kitchen).

1400 – End of Program and Debrief.

This program is usually organised on a weekday.



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### **Program C: Lunch Treat for the Elderly**

**Objective:** To interact with and serve elderly/needy who live in homes or spend their days in care centres. Participants will assume the roles of being volunteers.

The schedule would be as follows:

1115 – Bus to pick elderly/needy from the home/care centre for a city tour

1200 – Arrival of the elderly for lunch at Dignity Kitchen

1210 – A drink, meal and dessert is served for the elderly/needy. Entertainment will be offered by the volunteers (Optional. A karaoke system will be provided). Volunteers are encouraged to take part and also join the elderly for their meal

1315 – Elderly return to their home/care centres. Volunteers to help the elderly board the transport.  
End of Program and Debrief.

The above program can be organised on a weekday or during the weekend.

### **Program D: Ultimate Dining Experience**

**Objective:** To share a uniquely Singapore experience of our hawker food and hawker centre environment.

The experience would consist of a talk by the Executive Director of Dignity Kitchen along with a tour of the premise. A tapas style meal prepared those who are disadvantaged/disabled will be served to the participants. The Ultimate Dining Experience would last for approximately 2 hours.

The proposed schedule would be as follows:

- Tour of a typical hawker stall
- Talk on the history of hawker centres circa
- Taste of local hawker fare
- Understanding the various types of coffee served at the hawker stall
- Understanding how a social enterprise like Dignity Kitchen works

This program is usually organised on a weekday.



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### Program E: Cook/Bake & Serve

**Objective:** The participants will explore their interest in cooking/baking and have an opportunity to try out recipes they like. The food prepared would then be served to elderly/needful folks who visit Dignity Kitchen for a lunch treat.

The aim is to have the participants engage with people with disabilities and elderly/needful in the context of food preparation.

The proposed schedule would be as follows:

0900 - Introduction and briefing on safety and hygiene measures

0915 - Attached to the respective stalls (Bakery or Dessert)

0930 - Baking and Dessert cooking class starts

1130 - Preparation for elderly/needful visit

1210 - Serve the elderly/needful

1315 – End of Program and Debrief

This program is usually organised on a weekday.



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### Cost of Participation:

The cost of the program varies with the size of the group and the activities chosen.

The **Program of Working with the Disabled** will be at **\$30.00 per participant\***. The number of stations to be set up are determined by the number of participants. **NOTE: A minimum of 25 participants** is required.

The **Program of Hawker for a Day** will be at **\$732.00 per stall\*** which is inclusive of ingredients, hawker trainers, lunch for the elderly and lunch for your participants. We will arrange for a group of elderly from elderly homes/centres for the lunch treat. The number of stalls rented can be increased if there are more participants. **NOTE: A minimum of 4 stalls** will need to be rented.

The **Program of Lunch Treat for the Elderly** will be at **\$20.00 per elderly\*** (\$12.00 for the food and \$8.00 for the transport costs). Based on one busload of 40 elderly, the total cost would be **\$800.00\***.

The **Program of Ultimate Hawker Dining Experience** will be at **\$38.00 per person\*** which is inclusive of the Tapas style meals, seminar and tour of Dignity Kitchen.

The **Program of Cook/Bake and Serve Desserts** will be at **\$32.00 per person\*** which covers the ingredients, use of resources, baked/cooked items served to the elderly. **NOTE: A minimum of 6 participants** is required. Maximum class size would be 12 participants.

\*All indicated prices **include** 7% GST.

Should you need more information, please feel free to contact us:

Facebook/Instagram/Twitter/

App Store/Google Play:

Search for “Dignity Kitchen”

E-Mail Address:

**enquiry@projectdignity.sg**

Tel/SMS/Whatsapp:

**+65 8189 7678**

Location:

**Block 267,  
Serangoon Avenue 3,**

**#02-02, Singapore 550267**

(5 minute walk from

Serangoon Interchange/NEX

Above Serangoon Market and

Beside Marine Parade Town

Council)



Instagram



Image Credit: Google Maps, March 2015