

2022

A N N U A L R E P O R T





Food from the Heart is a charity with IPC status that feeds the needy through its food distribution programmes. It was established in February 2003 after Singapore-based Austrian couple Henry and Christine Laimer read a report in The Sunday Times about bakeries discarding their unsold bread.

Stirred, they then decided to collect and redistribute unsold bread from bakeries to those in need. Today, Food from the Heart is Singapore's foremost independent food charity devoted to alleviating hunger through efficient distribution of food in a sustainable manner; and making a significant impact in food waste reduction.

Member of



Designed by Pep & Co Pte Ltd.

Cover art is adapted from 'Food doodle' by Melissa Tan
@paintinks_by_melt www.paintinks-by-melt.com



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Message From Our Chairman

Our Vision

To be the leading charity in Singapore devoted to alleviating hunger through efficient distribution of food.

Our Mission

To alleviate hunger by providing reliable, consistent and sustainable food support to the less-fortunate through food distribution programmes.

Our Values

As we work towards our mission, we embrace the value of professionalism, efficiency, transparency and self-sustainability.

Our Shared Purpose

Sharing Hope, Nourishing Lives

I am pleased to report that 2022 was an impactful year for Food from the Heart (FFTH).

Thanks to the tremendous support of corporations, foundations and individuals, we distributed over \$7.23 million worth of food and nourished more than 59,300 lives. We also reached the plateau of \$10 million in revenue for the first time. This places FFTH among the large charities in Singapore. Both of these numbers are records for FFTH and are a testament to the strong partnerships and sense of community that we have built over the past two decades. From schools to welfare homes, grassroots organisations to corporate donors, not forgetting our vast army of volunteers, we have succeeded in building a network of support for the needy in Singapore right in their neighbourhoods. Strengthening community ties and fostering mutual independence are building blocks for connectedness, trust and a sense of belonging – strong foundations for our society and this is the legacy that FFTH is building. This sense of community may be a factor in the trend that started during COVID where we have experienced a shift in giving from large institutions to individuals. This trend continued in 2022 and we believe it will be a permanent shift as more Singaporeans are aware of the food security needs of their neighbours.

Another notable achievement in 2022 was the expansion of our Community Shops to two more estates – Lengkok Bahru and Punggol - benefitting over 1,400 households. This initiative continues to be a key area of focus for us as we intensify efforts to empower our beneficiaries with the dignity of choice and reduce food waste.

Last year, inflation in Singapore reached a 13-year high average of 5%. Price hikes raised our operational costs and caused more financial stress for low-income Singaporeans. We recognize the ongoing challenges faced by our beneficiaries, compounded by rising food prices that threaten their food security and access to nutritious meals. To take care of their well-being, we distributed close to \$900,000 worth of fresh produce in our Community Food Pack and at our Community Shops. Another first!

Charities, social service agencies, and community organizations play critical roles in looking after the vulnerable and mobilizing Singaporeans to support those in greater need. It will take an all-in approach centred on the people we serve to alleviate hunger. We are grateful for your commitment and partnership in our mission. On behalf of the Board, I extend my gratitude to our donors, sponsors, the thousands of volunteers, and you for being our ardent supporters.

Many thanks also to FFTH's team of staff for their passion, hard work, and commitment. Together, we will continue to ensure that everyone can have access to the food they need to thrive. With your continued support, we can nourish more lives in Singapore.

We are looking forward to celebrating our 20th anniversary in 2023.



Ronald P. Stride
Chairman
Food from the Heart



Our Board

Food from the Heart is steered by its board members, who are recognised individuals in their respective fields and professions. Their combined experience and network have led the sustainable growth of the charity since it was founded in 2003.



Mr Ronald P. Stride
Chairman (8/10*)

Retired Senior Managing Partner and Banking Specialist at management consultancy, Booz Allen & Hamilton and has held board of director positions

Appointed since Aug 2009



Dr Knut Unger
Secretary (9/10)

A Partner of Luther LLP in Singapore, specializing in cross-border tax organization and international transaction documentation for European investments in Southeast Asia

Appointed since Nov 2007



Mr Mahesh Buxani
Treasurer (10/10)

A leader in international export trade and Chairman of the Indian Chamber of Commerce in Hong Kong

Appointed since Jun 2018



Mr Alex Chua
Member (8/10)

CEO at Goldbell Financial Services

Appointed since Jan 2017



Dato' Andy Kuek
Member (6/10)

Founder, Chairman and CEO of the Grand Columbia Group of Companies, with international investment portfolio in Finance and Banking, Insurance, Property Development and Investment

Appointed since Mar 2019



Ms Chin Bottinelli
Member (10/10)

Director of Imagine Capital, a private family office which is involved in asset, property and corporate management; Entrepreneur and former veteran in the creative industry

Appointed since May 2013



Mr Eugene Yang
Member (8/10)

Managing Director of the Ultra High Net Worth (UHNW) Group, at EFG Bank in Singapore

Appointed since Dec 2014



Mr Khushroo Dastur
Member (8/10)

CEO of Sirrus Advisory, which specialises in Governance, Operational Risk and Compliance; Former MD at Deutsche Bank and Citibank

Appointed since Jan 2015



Ms Linda Soo-Tan
Member (10/10)

An active philanthropist for over a decade, honoured as an exemplary leader for her dedication in community service

Appointed since Mar 2014



Ms Ooi Huey Tyng
Member**

Accomplished finance and banking professional, independent director at AIG Asia Pacific and Maxis Berhad, and former MD at GrabPay

Appointed since Feb 2023



Mr Christopher Martin
Advisor (4/10)

Senior Executive in Mergers and Acquisitions as well as Fundraising for the energy sector in Asia

Appointed Board Member since Jan 2011, and Advisor since Jan 2015

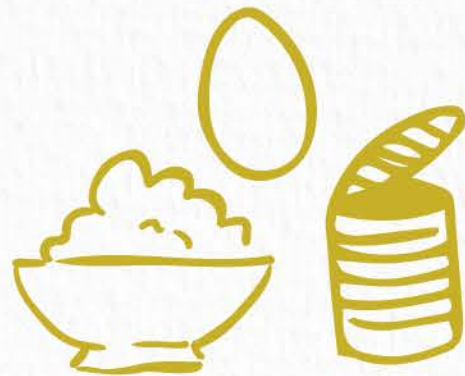
Directors who have served the board for more than 10 years:

1. Mr. Ronald P. Stride has been re-elected for his vital leadership role in continuing to grow, govern and guide the Charity.
2. Dr Knut Unger has been re-elected for his contribution as a founding member, providing valuable legal advice and secretariat services.

*Number of Board Meetings Attended/Held

**Ms Ooi was appointed a Board Member of Food from the Heart on February 13, 2023.

What You Have Helped Us Achieve 2022



\$7,230,000

Worth of Food Distributed



59,300

Beneficiaries Supported



131,550

Food Packs Distributed



24,613

Volunteer Activity
Sign-ups



\$2,041,818

Bread Run



319

Food Distribution Points



\$848,430

School Goodie Bag



\$122,705

Project Belanja!



34,547

Hot Meals Provided



\$197,882

Market Place



\$4,019,165

Community Food Pack

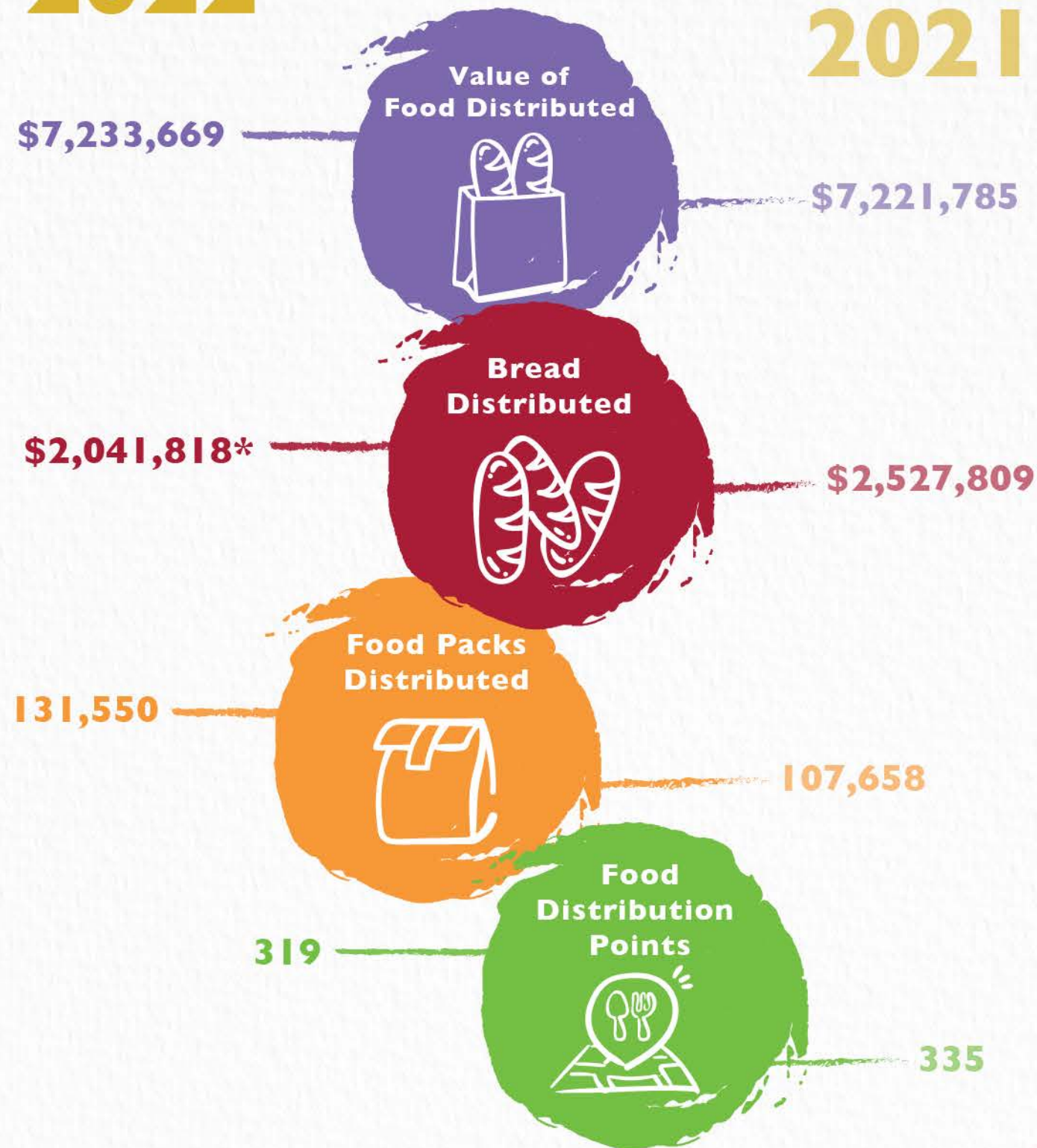


428

Food Donation Drives
Organised

Year On Year Snapshot

2022



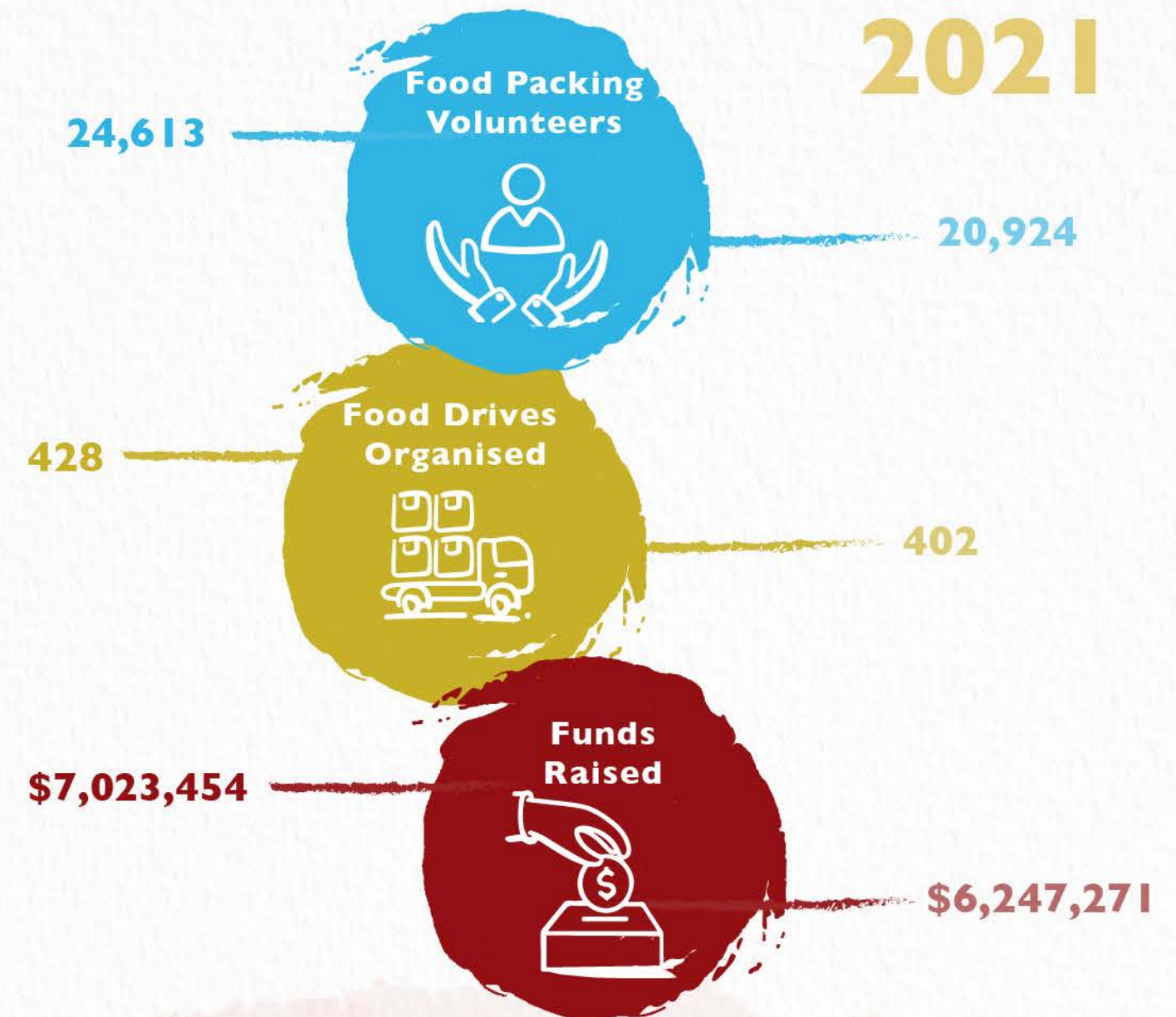
*Wheat supply disruption due to geopolitical conflicts and climate change led to price hikes in raw materials. Bakeries controlled production output, resulting in less bread donations.



Designated and Non-Designated Funds

Operating Funds	Total Designated Funds	Reserves
\$9,199,181 (65%)	\$2,287,816 (16%)	\$2,607,490 (19%)

2022



How We Identify Our Beneficiaries



Who is Food from the Heart helping?

Food from the Heart works with grassroot organisations and welfare homes to reach out to those who need our support. Our beneficiaries include low-income individuals and families who are residents of welfare homes, as well as those staying in the housing estates. Their monthly per capita income typically falls below \$690.

How Can You Help?




Join us in our purpose of sharing hope and nourishing lives.
Here are some ways you can get involved to fight hunger in Singapore:



Share

Follow us on social media and share our stories with your friends and loved ones.



-  foodheart
-  foodfromtheheartsg
-  Food from the Heart

Donate

Your cash donation goes a long way for us – from purchasing food to our operating expenses. As an independent charity organisation, we do not receive regular government funding. Help support us in fulfilling our purpose! Cash donations are eligible for a 250% tax deduction.

Visit www.foodfromtheheart.sg/donate or scan the QR code below to donate.



Volunteer

Food from the Heart partners with socially-conscious and compassionate individuals, corporations or institutions to maximise the positive impact of their contributions to our objective. What are you waiting for? Join us in championing our cause!

Visit www.foodfromtheheart.sg/opportunities-to-help or scan the QR code below for a virtual tour.





"I really, really thank Food from the Heart. I'm grateful for the food pack. We need it."

Mdm Zarinah, 55
Beneficiary of Community Food Pack at
Pasir Ris East self-collection centre

Living in a household of nine, her family has been receiving food support for more than five years. Only two members of the household are working full-time. She sells nasi lemak to help make ends meet for two of her children who are still in school, waking up at three o'clock every morning.

Our Programmes

COMMUNITY FOOD PACK

The Community Food Pack programme helps the less-fortunate put food on the table and is fueled by a mix of food donations, cash donations that are used to make food purchases, bread from our Bread Run programme, and the sweat of hardworking volunteers who assist us in the sorting and packing process. Weekly bread rations and monthly food packs, as well as a monthly rotational distribution of fresh eggs, fruits and root vegetables, are distributed through our 96 community partners, providing aid to over 12,000 families.

To provide more than just sustenance, Food from the Heart continually strives to increase the nutritional value of our food pack. Needy dialysis patients receive curated food packs suitable for their diets. At the same time, wholesome additions such as oats, fresh eggs, fruits and root vegetables supplement the standard bundle of non-perishable food items.

Food from the Heart piloted the Community Shop initiative in February 2020, a shop-for-free concept for the needy. At the Community Shop, beneficiaries can choose the food items instead of receiving standard food packages and redeem them via the QR code on their beneficiary cards. The Shop also encourages a kampung spirit within the neighbourhood as residents can help those in need by donating food at the Community Shop's 24/7 food drop.





"I feel happy when I hand the food pack to the beneficiary and see their happy smile."

Mr Terry Lei

On what motivates him to volunteer to deliver School Goodie Bags to the families' doorsteps.

"I am thankful for your generous food donations. It means a lot to me and my family. Food prices have increased lately so this ration is really useful and helpful for us."

Student from Spectra Secondary School
on the School Goodie Bag programme

Our Programmes

SCHOOL GOODIE BAG

The School Goodie Bag programme partners with schools and focuses on providing underprivileged students and their families with monthly food rations to support them through a key stage of their lives. It supplements the meals of needy children and their families and reduces their financial burden.

The School Goodie Bag is also the first charitable food pack endorsed by the Health Promotion Board. Funded purely through cash donations, the curated food pack includes healthier-choice food items and popular sources of protein such as milk and eggs to support growth and development. Currently, over 6,000 beneficiaries are supported under this programme.

Short for Improvements in Conduct, Attendance and Non-academic performance, the annual I CAN Awards 2022 celebrates the resilience and achievements of our 105 award recipients, who are part of our School Goodie Bag programme.





"I am glad to be part of this meaningful cause - truly grateful to Food from the Heart for the opportunity to help in their weekly bread runs. I believe that this programme helps to reduce food wastage whilst blessing less privileged homes and helping economically-challenged households in their daily sustenance needs."

Ms Julia Goh
Bread Run volunteer since January 2016



"My team and I were involved in Bread Run, delivering over a hundred loaves of bread to homes for the aged and needy families. It helped foster a sense of community, within the team but more importantly, with everyone else that we have met along the way."

Corporate volunteer from Salesforce

Our Programmes

BREAD RUN

The Bread Run programme aims to feed the needy with safe-for-consumption bread that would otherwise have been thrown away. It strives to achieve an equilibrium between food surplus in the retail sector and where it is needed within the community.

Food from the Heart works with an intricate network of partners who donate bread, volunteers who can deliver the bread, and community partners who pass on the bread to our beneficiaries.

Almost 1,700 volunteers collect perfectly edible, unsold bread from their assigned bakeries or hotels regardless of rain or shine and redistribute it to those who need them through our Bread Run Programme. Geopolitical conflicts in 2022 caused disruption in supply of raw materials for baking, such as wheat. Most bakeries reduced their production, which resulted in less surplus. Despite this, our volunteers collected an estimated \$2 million worth of unsold bread in 2022 for redistribution.





"Project Belanja! (is) very good! In the middle of the month (when) I (have) no money, Project Belanja! helps me buy food. Only at the end of the month then my money (income) come in."

Mdm Norisah, 54
Beneficiary of Project Belanja!

"It has been great witnessing how Project Belanja! has supported the community – subsidizing meals for seniors who have no or little income and enticing isolated seniors to leave their house and connect with community; empowering hawkers to connect with the residents and inform us of residents who are in need so that we can link them up with assistance."

Ms Louise Quek
Community Developer, WeCare@Marine Parade

"The project has brought in new customers to my stall. I also make new friends and get to know them better. They can try our food at an affordable price, if top-up is required. I support this and hope that it continues."

Ms Lina Nor
Warong Wak Nakem
Hawker Stall Owner



Very good! I only need to pay \$1 for a \$5 meal. Helpful for me as I have no income.

Mdm Lee, 85
Beneficiary of Project Belanja!

Our Programmes

PROJECT BELANJA!

Project Belanja! programme is a hot food redemption programme, run in partnership with hawker stall owners. It provides the needy with freshly-cooked meals to be redeemed at designated neighbouring hawker stalls, within proximity of the activity zones of the beneficiaries.

Some of our beneficiaries are unable to cook their own meals. For them, Project Belanja! is a cooked-food alternative to food pack rations. To others, it gives them greater choice and flexibility over what their meal will be - they get to choose when they want a change from their usual fare, cooked by someone else in a different way, enjoyed in another environment.

Beneficiaries use the QR code on their Food from the Heart beneficiary card to redeem meals up to 15 meals per month for each person. The cards are scanned on a custom-built mobile app used by partnering hawker stall vendors, where redemption data is tracked to better understand and serve the beneficiaries.

A seamless way of distributing food support, Project Belanja! is available at Tampines, Kolam Ayer, Mountbatten, Toa Payoh and Marine Parade. The programme also encourages them to step out of the house to interact with the community.



357

BENEFICIARIES



39

HAWKER PARTNERS



34,547

HOT MEALS
DISTRIBUTED



"Our residents have benefited from Food from the Heart as it not only helps them save some cost but it also offers them opportunities to try different variety of food items."

Watchman's Home,
a partner of Market Place

"Thanks to your kind support, our residents are able to enjoy healthy and nutritious food on a regular basis. This has benefited their well-being. We are truly grateful for your ongoing commitment to our community and our residents."

Ms Elsie Chia,
LC Nursing Home,
a partner of Market Place

Our Programmes

MARKET PLACE

The Market Place programme seeks to create a win-win solution that reduces food waste while feeding the needy with food that retailers do not wish to keep on the shelves but are still good for consumption to those who need them. The items are distributed to welfare homes and other beneficiaries via our Community Food Pack programme.

Maximising our unique position within the community as a food redistributor, Food from the Heart collects packaging-damaged, near-expiry food items for redistribution. Plying monthly island-wide routes covering over 100 FairPrice supermarket outlets, perfectly edible food is given to those who need them instead of going to waste.



Community Shop



One of our milestone initiatives towards giving better is the Community Shop: A charity mini-mart which works on a shop-for-free concept. At the Community Shop, beneficiaries are empowered with the dignity of choice to choose 12 non-perishable items and two fresh produce every month. The food items are redeemed through the beneficiaries' cards via a QR code-scanning checkout system. Data on their consumption, needs and patterns are captured to improve our food distribution efforts.



Beneficiaries also have more incentive to leave their homes for some interaction while in return, others living in the same neighbourhood have the opportunity to drop off food donations at the Community Shop, contributing to a greater community spirit among all.

We currently have four Community Shops - Mountbatten, Boon Lay, Lengkok Bahru and Punggol. Combined, the four Shops serve more than 2,300 families. We are incredibly grateful to OCBC Bank for the sponsorship of both Community Shop @ Mountbatten and Boon Lay. Since its beginning, over half a million worth of food items have been donated by the community through the Shops' 24/7 Food Drop.



The QR code-scanning checkout system enables Food from the Heart to gather important data on the consumption, needs and patterns of its beneficiaries. This provides a meaningful understanding of beneficiaries' dietary habits and in the process, helps us better future food distribution efforts.



Nutritious and healthy: Fresh produce like green leafy vegetables are available at all Community Shops.



Mr Goh suffered from a stroke years ago, which reduced his mobility. He lives in a one-room rental flat with his son, who has mental disability and is unable to work. At the Community Shop @ Punggol, he is grateful to be able to choose food items that he prefers.

Mr Goh, 74
Beneficiary of Community Shop @ Punggol



"I can just come and take what I need."

Mdm T. Nalaayini, 73
Beneficiary of Community Shop @ Lengkok Bahru
She commends the volunteers for providing great service, one of the many reasons why she looks forward to visiting the Shop at the start of each month.

"It gives me a great sense of satisfaction to embark on this incredible journey with FFTH! I feel a sense of pride when helping people at the Community Shop. The Community Shop concept is great, offering beneficiaries a good range of food selections. During this time I came across great people and experiences. For the few hours I spent at the Shop each week, the impact is disproportionately rich for me."

Ms Payal Ahuja,
Volunteer at Community Shop @ Punggol



Our Fundraising Events

Passion Ball and Charity Golf Tournament are two of our well-entrenched, signature fundraising events. Unforgettable, enjoyable and rewarding, both events have raised a combined total of more than one million dollars in cash and in-kind donations annually, for a worthy cause.

Passion Ball



Passion Ball, our yearly gala which serves up good company, ambrosial cuisine, and exquisite wine, is our largest fundraiser. Traditionally, the social event raises over half a million dollars towards our work to alleviate hunger in our community, thanks to the gracious support by sponsors, donors and attendees.

Passion Ball is set to return in 2023, in an unprecedented joint gala with the Singapore Symphony Orchestra to commemorate our 20th anniversary milestone.

Charity Golf Tournament



The 5th edition of our Charity Golf Tournament was held on 21 September 2022 at the Singapore Island Country Club (SICC). The event gave avid golfers a chance to give back to the community and, at the same time, have fun in a friendly competition on the green. 144 golf enthusiasts teed off on the New Course, including the Minister for Defence Dr. Ng Eng Hen and Member of Parliament for Marine Parade GRC (Braddell Heights) Mr. Seah Kian Peng.



Mr. Robin C. Lee, CEO of FFTH, said "The Charity Golf Tournament is pivotal to help us raise more funds to support our growing number of beneficiaries. I am also delighted to welcome our returning Presenting Sponsor, Audemars Piguet, and our Eagle Sponsor, Fairprice Foundation. Both organisations have shown FFTH tremendous support over the past 10 years."

The event drew to a close in the evening at the SICC Grand ballroom with a delightful dinner accompanied by a live jazz performance, followed by the prize presentation and lucky draw. Through this meaningful event, FFTH raised \$257,800. We're grateful to the golfers, sponsors, donors and volunteers who have made the event a success.

SPECIAL THANKS TO OUR SPONSORS

Presenting Sponsor

Audemars Piguet

Eagle Sponsor

FairPrice Foundation

Special Thanks

Singapore Totalisator Board

Hole-In-One Sponsor

SG Car Choice

Birdie Sponsors

LHN Group

SLB Development

In-Kind Sponsors

Atlas

Backjoy

Blue Lotus

Candlenut

Carlsberg Group

Cloversoft

Commonwealth Capital

COMO Cuisine

CornerStone Wines

COUCOU

Fairmont Singapore

Green Nation

Haus Athletics

Flight Sponsors

Centurion

Bitopia Technology Pte Ltd

Don Quah

Images in Motion

Kevin Law

Koh Boon Hwee

Lee Se Heon

Michael Koh

PHUA Foundation Ltd

Singapore Pools (Private) Limited

Siu Yow Wee

Sudarshan Venu

Vincent Ang

Zhong Ming

Tee Sponsors

CIMB

Goldbell Foundation

KK Lam

Luther LLP

Mazars

Mitsubishi Electric

MSIG

MS First Capital

Planworth

TPSC

Lunch Sponsor

SGX Group

Official Publication

The Peak

Official Design & Print Partner

Superskill

Official Photographer

Firefly Photography

Jurong Port

Leonian

Mitsubishi Electric

Nanyang Sauce

New Moon

Nomad Caviar

Oatbedient

One Farrer Hotel

OUE Restaurants

Our Second Nature

Salt + Sky

SGX Group

Singapore Pools

Sip & Sail

Sofitel Singapore

Sentosa Resort and Spa

Sonder

SuperMama

TaylorMade

The Glenlivet

The Powder Shampoo

Tiger Balm

VidaJoie Chiropractic

WinGolf

Yeo's

Donations

CMIA Capital Partners Pte Ltd

Lien Properties Pte Ltd

Lim Han Feng

Prize Sponsors

Christopher David Martin

Khushroo Dastur

Linda Soo-Tan

Mahesh Buxani



Clean Plate Campaign



The Clean Plate Campaign was started 10 years ago from a simple conviction - to reduce food waste, inculcate mindful eating and encourage everyone to end each meal with no leftovers - a clean plate. This campaign is part of Food from the Heart's larger objective of redistributing food to the needy in Singapore.

From 5 primary schools in 2013, it now sees the participation and support of 48 primary schools and 15 pre-schools. What a long way it has come!

From July to October 2022, each clean plate counted in the participating schools raised \$1 for our charity, donated by Fairprice Foundation. In 2022, we were thrilled to count 161,749 clean plates in the participating primary schools and pre-schools!

The Campaign was also extended to the public to make a commitment to reduce food waste by making a pledge online from 16 September to 16 October 2022, ending on World Food Day. Every online pledge made raised \$5 for our charity. We are very happy and grateful to reach our target of 10,000 pledges, with a total of \$50,000 in donations from Bayer! Thank you for your participation and support.

Donate Right!



What was the last item you donated? Did the person who received it like it?

The act of donating is one of goodwill and with the intention to help others. However, not all the items Food from the Heart receives fit this description. Expired products and junk food are examples of such items.

While Food from the Heart appreciates all donations, some are more appropriate and/or easily utilised. Donate Right! is our awareness initiative that provides insight into the types of food that are donated, what goes on in a food charity behind the scenes, and the considerations that should be made before donating a food item. It helps those who mean well and want to give well to do so, and is especially suitable as a lead-up to food donation drives.

Before donating food items, consider:



Nutrition

Food with better nutrition makes it easier for the needy to maintain their health. Look out for the healthier choice logo, Nutri-Grade mark for beverages and items higher in nutrition value.



Convenience

A few 1kg packs of rice can be given to one family but one bag of 10kg rice is harder to distribute among a few families. Less is more when an old lady has to carry rice back home herself.



Food Safety

Check the packaging is intact and that the expiry date is three months or more.



Their Pride

Give something you will be happy to receive yourself to put a smile on their face!

A Year In Review

Jan - Dec

Jan



Launched Farms to Families which brings fresh local produce to our Community Shops and self-collection centres.

Feb



Opened our Community Shop @ Lengkok Bahru that currently serves more than 700 households in the central area.

Mar



New CEO Robin C. Lee heads Food from the Heart (FFTH).

Sep



Over 11,500 mooncakes donated by the F&B industry and corporates were distributed to welfare homes.

Bread Runners Paige and Portia delivering over 500 mooncakes to beneficiaries at Taman Jurong self-collection centre.

Oct



1 On World Food Day, Deliveroo launched an in-app round-up donation feature that lets customers round up their food orders and donate to FFTH.

2 Held Scare Hunger Away Halloween Food Donation Drive at Community Shop @ Mountbatten and raised over 2,000 food items.

3 UOB Global Heartbeat Walk/Run raised more than \$1.46 million for four local beneficiaries, one of them being our School Goodie Bag programme.



May



Community Shop @ Punggol is opened to serve more than 650 families in the North-East area.

Jun



Project R.I.C.E.+, Singapore Red Cross donated 39 pallets of food, worth \$60,000, to help us cope with rising food prices.

Aug



In the spirit of National Day, we organised two food donation drives, which raised 20,333 food items, exceeding our 20,000 target.

Nov



1 Longtime supporter of our School Goodie Bag programme, SIA Engineering Company (SIAEC) invited FFTH and 19 student beneficiaries to their Fun Run @ Bird Park 2022! At the event, SIAEC's CEO Mr. Ng Chin Hwee presented an additional donation as a show of commitment towards nourishing kids' futures.

2



In conjunction with SG Cares Giving Week and Chatterbox's 51st anniversary, every plate of the famed Mandarin Chicken Rice sold from 1 November to 7 December 2022, OUE Limited donated \$5.10 to FFTH, via Community Chest. Over 7,000 plates of the famed national dish was sold, raising \$38,000 for our charity and our friends at Willing Hearts.

3

One of the over 100 food donation drives organised by schools for our charity at Overseas Family School. Way to get kids involved!



Dec



1 Marina One held a cash and food donation drive to support us, which raised more than \$16,500.

2

Innocent Drinks launched 'The Big Knit' campaign for the first time in Singapore. All bottles with the little hats sold raised funds for the School Goodie Bag programme.





Toy Buffet

One of Food from the Heart's signature events, the one day carnival aims to show underprivileged children that they too are special. This annual event runs on the donation of new and used toys to pool together a vast selection of toys. On top of the presents, Toy Buffet is to deliver a message of hope and love to the 3,000 underprivileged children with fun games and yummy treats. Toy Buffet is supported by toy donations from individuals as well as Food from the Heart's school and corporate partners.

Toys are typically bought with a donation of funds or collected through toy donation drives.

Wish to bring smiles to a bunch of adorable young faces? Like many of you, we're eagerly looking forward to its return in 2023! You can help by holding a toy donation drive or donate funds to purchase toys. We accept toy donations between September to October.

Our Donors and Sponsors

With the help of our donors, sponsors, and partners, we are able to provide reliable, consistent, and sustainable food support to those who need it, for as long as they need it. We are immensely grateful for their contributions that make our work possible.

Images in Motion

Official Community Food Pack Partner
(2017 – 2022)

United Overseas Bank Limited

Official School Goodie Bag Partner
(2020 – 2022)

Overseas-Chinese Banking Corporation Limited

Community Shop @ Mountbatten & Boon Lay Partner

Goldbell Foundation

Logistics & Transport Partner

NTUC FairPrice Co-operative Limited

Market Place Partner

Cash Donors - Organisations

\$100,000 and above

Advorio Singapore Chemical Pte Ltd
BlackRock Fund
BNP Paribas
National Council of Social Service (President's Challenge)

NTUC Fairprice Foundation Ltd
Oversea-Chinese Banking Corporation Limited
Singapore Totalisator Board
SIA Engineering Company Limited

\$25,000 - \$99,999

Audemars Piguet (Singapore) Pte Ltd
Bayer (South East Asia) Pte Ltd
BGC Partners (Singapore) Limited
Bloomberg Singapore Pte Ltd
Chew How Teck Foundation
Deliveroo Singapore Pte Ltd
Edwards Lifesciences (Singapore) Pte Ltd

Global Beauty International Pte Ltd
Intermediate Capital Group
South East Community Development Council
Squarepoint Foundation
Swiss Re Foundation
The Wan Boo Sow Charity Fund Limited

\$10,000 - \$24,999

ADM Asia-Pacific Trading Pte. Ltd
AIG Asia Pacific Insurance Pte Ltd
Alton Aviation Consultancy Singapore Pte Ltd
Applied Materials South East Asia Pte Ltd
Chyau Fwu Wine & Spirits Pte Ltd
Credit Agricole Corporate And Investment Bank
Credit Suisse AG
First Sentier Investors
JKhoo Consultancy Pte Ltd
KPMG LLP
Kwan Im Thong Hood Cho Temple
Lazada Singapore Pte Ltd

Lee Kim Tah Foundation
LHN Group Pte Ltd
Louis Dreyfus Company Asia Pte. Ltd
Rio Tinto Singapore Holdings Pte Ltd
Standard Chartered Bank (Singapore) Limited
Tan Chin Tuan Foundation
The Community Foundation of Singapore
Tyco Electronics Singapore Pte Ltd
Unigold International Pte Ltd
Wealth Space Pte Ltd
Winston Engineering Corporation (Pte) Ltd
Zendesk Neighbor Foundation

Our Donors and Sponsors

Cash Donors – Individual

\$25,000 and above

Karthikeyan Somasundaram

\$10,000 - \$24,999

Amarjit Singh
Oh Boon Hui Stella
Er Junlong (Yu Junlong)
Goh Jia Le

Katherine Barg
Khoo Song Koon
Lee Chiew Ha
Lee Lay Hien Isaac

Rashmi Dubier
Robert Michael Kilgour Booker
Sanjay Gupta

\$5,000 - \$9,999

Chew Lee Tuck Don
Chua Khee Su Jason
Chua Yu Zhan
Dominique Pierre Henry
Han Lih Kwong
Heng Johnny
Koh Meng Han
Lam Kun Kin

Lee Kai Chuan Samuel
Lee Min Sen
Lee Serene
Lu Huiru, Grace
Onnah Liew
Pang Ai Chee, Felicia
Poh Tiong Tey, Jason
Poon Mei Shan

Quah Poh Keng Don
Seth Koh
Tan Eng Hua Alex
Tang Kim Siong
Tan Swee Lin
Teo Wai Leong
Thean Pik Yuen Valerie
Wee Pai Soon Randall

\$2,000 - \$4,999

Adam Wright
Adrian Goh
Ang Chee Kiat
Ang Hong Guan Vincent
Angel Salti Nana B Chutney Charity
Anna Lucille Goulding
Beaud Sylvain
Chan Chuan Weng
Chan Jefferson Ong
Chan Ying Dawn
Chang Barbara
Chau Hui En Catriona
Chee Hong Leong
Chen Hui Juan
Chen Yee Fong Geraldine
Cheng Chen Long John
Cheo Alicia
Cheong Fook Chun
Chiam Toon Jien
Chin Pang Joo
Chloe Lai
Chui Tau Siong
Deepak Gupta
Denny Shi
Derk Shin Chew
Fong Yat Beng
Gan Wee Thye
Goh Ah Hong, Pauline
Goh Di Kun
Goh Eng Joo
Goh Gek Hiang
Goh Kheng Wah
H C Chua
Han Seng Juan
Ho Huat Heng, Darryl
Ho Miew Ling
Ho Ming Jun
Hooykaas Jemma Louisa
Hosein Nakhoda
Huye Law
Ishtiaque Ahamed
Joanna Tay
John Rose Josewin
Kam Juinn Huar
Kamada Seiko
Kevin Law
Khaw Hang Ling
Koh Bee Lin Alexia
Koh Boon Hwee

Koh Siew Lan
Kwong Wai Yee Esther
Lee Beng Seng
Lee Guek Eng
Lee Han Tock
Lee Kheng Chei
Lee Se Heon
Lee WenHui Alicia
Leong Hoong Kuan
Leow Pei Qi Josephine
Li Kunlin
Liang Sam
Lim Chee Beng
Lim Han Feng
Lim Soo Khim
Lim Tsui Ning
Lim Yu Shan
Lim Zhuo Jun Jennifer
Lin Jieli
Ling Zheng Jye
Liu Mei Ying
Liu Paul
Lo Fong Yue May
Lobo Brandon Joseph
Loh Chee Wai Desmond
Loh Chung Ming Kelvin
Loh E Der
Loke Wai Yin
Loon Choh Tuck David
Low Chee Kin Andrew
Low Hwee Chua
Michael Koh Ann Kheng
Mok Kan Hwei Paul
Naserah Bte Muhammad Muneer
Ng Chai Hiak
Ng Chor Hoon
Ng Geok Lan
Ng Hui Min (Huang Huiming)
Nicki Soffe
Ong Chee Meng Robert
Ong Hwee Yong
Ong Lai Keong
Ong Sok Hoon, Catherine
Ong Yizhi Kingsfield
Ow Jian Bang
Ow Kwok Leong
Pang Junyi Vincent
Patrick Gunawan
Poon Eling Angeline

Prashant Bajaj
Quek Imm Lee
Ravi Singh
Roshan Vaswani
Sankar Karthikeyan
Sathyamoorthy Gautham
Seow Kok Yong, Alice (Xiao Guorong, Alice)
Shaiffudin Bin Saruwan
Shee Foong Ling
Shirin Tang
Sim Swee Leng
Siti Aishah Binte Abdul Aziz
Siu Yow Wee
Sng Wei Theng
Song Meiling
Sovan Ngo
Sumit Malik
Tai Yang
Tan Ah Leong
Tan Bee Lian Vivian
Tan Boon Kian Billy
Tan Chin Aik
Tan Fuh Gih
Tan Shirley
Tan Siok Tze, Jennifer
Tan Swee Chuan
Tan Wei Song
Tan Yang Sheng Daniel
Tang Sow Keng
Teo Seow Phong
Teo Wei Han Benny
Tho Kah Shak
Ting Lee Hwa, Austin
Toh Sze Chong
Vanessa Dizon
Vanessa Marie Martinez
Vinod Savio
Wei Yue Cheong
Whyte Ronald Dennis
Wong Chia Yu
Wong Kum Hoe
Woon King Wah
Yak Huay Shean
Yap Steven Young
Yeo Kang Wee
Zheng MingHui Edmund
Zhong Ming

Donations-In-Kind

Bread Run Partners

1 More Bread
Ana Bakery
Ang Mo Kio Hong Kong Pastries
Atipico Atlier
Bake Inc
Bakes and Bites
Belly Good Bakehouse
Bengawan Solo
Berry Box Bakery
Bethel Confectionery
Breadfresh
BreadTalk
Bun Times
Caffe Pralet by Creative
Culinaire Academy

Common Man Coffee Roasters
Commonwealth Concepts Pte Ltd
Conrad Singapore Orchard
Country Brot by Four Leaves
Dohca Bakery
Epid'Or by Four Leaves
Four Leaves Pte Ltd
Four Seasons Hotel
Han's (F&B) Pte Ltd
Hong Kao Liao Li
Jollibean
Maison Kayser Artisan
Boulangerie Paris

Marche Pte Ltd
Marina Bay Sands Pte Ltd
Micro Bakery
Nick Vina Artisan Bakery
Odette Restaurant
Omzyn Cakes
Prima Foods HQ
PrimaDeli Bakeries
Proofer Boulangerie Co.
RedMart
Ren Bakery
RISE Restaurant
Sembawang Confectionery
Shangri-La Hotel
ShineFoods Pte Ltd
SLATE Restaurant

Starbucks Pte Ltd
Starter Lab
Sunshine Bakeries Pte Ltd
Swissôtel The Stamford
The Fullerton Hotel
The Ritz-Carlton Millenia
The Sandwich Shop
Tiong Bahru Bakery
VBread
Wheat Bakery
Yamazaki by Four Leaves
Yi Jia Bakery House Café

Organisations

122 Sqn RSAF
A. Menarini Asia-Pacific Holdings Pte Ltd
Advanced Remanufacturing & Technology Centre
AIA Tampines
AIG Singapore
Ambition Singapore
Amphenol FCI Asia Pte Ltd
AMS Sensors Singapore Pte Ltd
ams-OSRAM Asia Pacific Pte Ltd
ANZ Singapore
APL Logistics
Articares
Artillery Institute
Asiapac Technology Pte Ltd
Auditor-General's Office
Azendian Solutions Pte Ltd
Barclays Investment Bank
Bayer (South East Asia) Pte Ltd
Big Ass Fans
Bitdeer Group
BlackRock (Singapore) Limited
Bloomberg Singapore
BMW Group
Bristol-Myers Squibb (Singapore) Pte Ltd
Carpe Diem Mi
Schoolhouse Pte Ltd
Celanese Singapore Pte Ltd
Celestica Electronics (S) Pte Ltd
Changi Airport Group (Singapore)
Changi Business Park
Chevron Phillips Chemicals

CIMB Bank
CMC Markets Singapore
Colliers Singapore
Colt Technology Services Pte Ltd
COMO Group - Hotels & Resorts
Connected Freight Pte Ltd (Singapore Office)
Corteva Agriscience Singapore
COS Singapore
Costello Medical
Courtyard by Marriott
Singapore Novena
Credit Suisse (Singapore) Ltd
Cytiva ASEAN
DataDogs SG
DBS Bank Ltd
Dedoco
DHL Singapore
DirectAsia Insurance
Dli Asia Pacific Pte Ltd
Dynasafe Technologies Pte Ltd
Edrington Singapore Pte Ltd
Embry-Riddle Aeronautical University Asia
ERGO Insurance Pte Ltd
Eurofragrance Asia Pacific Pte Ltd
Federal - Mogul Motors
Fico Ptd Ltd
First Page Digital Singapore
Fitch Group
Fonda Global Engineering Pte Ltd
Four Points by Sheraton Singapore
GetGo Singapore

Gilead Sciences Singapore Pte Ltd
Great Eastern Life
GSR Markets Pte Ltd
Harbourvest Partners (Singapore) Pte Ltd
Home Team Science & Technology Agency
Honeywell @ Changi
Business Park
HTX (Home Team Science & Technology Agency)
Hunting Energy Services Pte Ltd
Ichor Systems Singapore Pte Ltd
iFAST
IHIS
Infosys Limited
Intelligent Workflow Solutions
International Flavors & Fragrances
IPI Singapore
IQIVIA Singapore
JAC Recruitment International
Johnson & Johnson Pte Ltd
J.P. Morgan
JW Marriott Singapore
South Beach
Kenon Holdings
Keppel Bay Tower
Keppel Corporation
Keywords Studios
Kitz Corporation Of Asia Pacific Pte Ltd
Kyndryl Singapore
Le Fu Pte Ltd
LexisNexis Singapore
LHN Group
Lima Hope

Living Word Communications
Lonza
Loomis Sayles
M+S Pte Ltd
Mapletree Business City
Marina Bay Sands Hotel
MasterCard Singapore
Maybank Singapore Limited
MCD Global Franchising Limited (Singapore)
Metro Holdings Pte Ltd
Microsoft Operations Pte Ltd
Ministry of Education
Ministry of Home Affairs
Monetary Authority of Singapore
NBC Universal
NetApp Singapore Pte Ltd
Nikon Singapore
Novartis Singapore
NTUC Fairprice
Co-operative Ltd
NXP Semiconductors Singapore Pte Ltd

Our Donors and Sponsors

• OCBC Bank	• Sasseur REIT	• Sofitel Singapore City Centre	• Videojet Technologies (S) Pte Ltd
• OKH Holdings Pte Ltd	• SATS Ltd	• Sofitel Singapore Sentosa Resort & Spa	• Voco Orchard Singapore
• Oldendorff Carriers	• Schenker Singapore	• Sojern	• W Singapore - Sentosa Cove
• PARKROYAL on Kitchener Road	• Scoot Tigerair Pte Ltd	• Solarwinds Software Asia Pte Ltd	• Walkme Singapore Pte Ltd
• Penta-Ocean Construction Co. Ltd.	• Seletar Country Club	• Spirax Sarco Pte Ltd	• Woh Hup Building
• PineBridge Investments Singapore Limited	• Sharp Singapore Electronic Corporation Pte Ltd	• Standard Chartered Bank	• Woodlands Police Division Headquarters
• Polestar Singapore	• Sheraton Towers Singapore	• Survitec Group Pte Ltd	• Zebra Technologies Asia Pacific Pte Ltd
• Pratt & Whitney Component Solutions Pte Ltd	• Sime Darby Motors	• Swissotel The Stamford	• Zendesk Singapore
• PWC International Assignment Services (S) Pte Ltd	• Sinarmas Cepsa Pte Ltd	• TechKnowledge Pte Ltd	• Zuellig Pharma
• Q2 Solutions Pte Ltd	• Singapore Land Authority	• Temenos Singapore Pte Ltd	
• Rakuten Symphony Singapore	• Singapore Marriott Tang Plaza Hotel	• TEVA Pharmaceutical Investments Singapore Pte Ltd	
• Randstad Singapore Recruitment Agency	• Singapore Navy	• The Kingsmen Experience	
• ResMed Singapore Pte Ltd	• Singapore Police Force (Ang Mo Kio Division)	• The Westin Singapore	
• S&P Global Ratings	• Singapore Police Force (Rochor Division)	• Tripadvisor Singapore Pte Ltd	
• Singapore Armed Forces	• Singtel - Singapore Telecommunications Limited	• United Hampshire US REIT Management Pte Ltd	
• Salesforce	• Smart Nation & Digital Government Office	• UOB Group	
		• UPS Asia Pacific Region Office	

Schools and Institutions

• Anchor Green Primary School	• Geylang Methodist School (Secondary)	• Ngee Ann Polytechnic	• Singapore Institute of Technology
• Anderson - Serangoon Junior College	• GIG International School	• North London Collegiate School (Singapore)	• Singapore Polytechnic
• Anderson Primary School	• Gongshang Primary School	• North Vista Primary School	• Singapore University of Technology and Design
• Ang Mo Kio Secondary School	• Holy Innocents' Primary School	• North Vista Secondary School	• Small Wonder Preschool
• Anglican High School	• Holy Innocents' High School	• Northbrooks Secondary School	• Smart Berriis @ West Coast
• Anglo Chinese School (Independent)	• Hua Yi Secondary School	• Northshore Primary School	• Springfield Secondary School
• Angsana Primary School	• International French School (Primary)	• Oasis Primary School	• St. Anthony Primary School
• APSN Delta Senior School	• International French School (Secondary)	• Odyssey The Global Preschool - Still Road	• St. Joseph's Institution
• Bartley Secondary School	• Just Kids PreSchool	• One World International School	• Stamford American International School
• Beacon Primary School	• Kheng Cheng School	• Palm View Primary School	• Stamford Primary School
• Blue House Nursery & International Preschool	• Kids Campus @ Jurong West	• Pathlight School	• Sunflower Preschool @ Punggol Field Walk
• Bright Kid Schoolhouse @ Blk 173D	• Kong Hwa School	• PCF Sparkletots @ Bukit Gombak	• Superland Pre-School @ Eunos
• Broadrick Secondary School	• Kranji Secondary School	• PCF Sparkletots @ Kampong Chai Chee	• Tanglin Trust School
• Canadian International School Singapore	• Learning Vision Preschool @ NTU	• Pei Hwa Presbyterian Primary School	• Tanjong Katong Primary School
• Catholic High School (Primary)	• Meridian Secondary School	• Pei Hwa Secondary School	• Tanjong Katong Secondary School
• Changkat Changi Secondary School	• Michel Hostel	• Punggol Green Primary School	• Temasek Polytechnic
• CHIJ St Nicholas Girls' School	• Modern Montessori Preschool (Bukit Batok)	• Punggol View Primary School	• The Little Skool-House
• Chongfu Primary School	• Montfort Secondary School	• Raffles Girls Primary School	• Unity Primary School
• Commonwealth Secondary School	• My First Skool @ Punggol Waterway Sunray	• Raffles Institution	• Westwood Secondary School
• Damai Primary School	• Nan Chiau High School	• School of Science and Technology	• Woodgrove Primary School
• Dunearn Secondary School	• Nanyang Junior College	• Sembawang Star Learners	• Woodlands Primary School
• Dunman Secondary School	• Nanyang Technological University	• Seng Kang Primary School	• XCL American Academy
• E-bridge Preschool Woodlands	• National Institute of Education Singapore	• Shaws Preschool @ Lorong Chuan	• Yangzheng Primary School
• Elias Park Primary School	• National Junior College	• Shuqun Primary School	• Yu Neng Primary School
• Endeavour Primary School	• National University of Singapore	• Singapore American School	• Yumin Primary School
• Fajar Secondary School			• Zhangde Primary School
• Fernvale Primary School			• Zhonghua Secondary School

Audited Financial Information 2022

Income & Expenditure Statement

Income	2022 S\$	2021 S\$
Outright Donations	4,853,390	3,480,021
Fundraising Events	257,800	242,309
Charitable Events	184,055	187,415
Food Purchase Account	1,711,433	2,231,201
Donation in kind	2,604,575	2,601,425
Grant	348,322	606,333
Other Income	46,060	48,943
TOTAL INCOME	10,005,635	9,397,647
Expenditure		
Outright Donations	904,931	489,612
Food donations distributed	2,521,155	2,601,425
Fundraising Events	67,761	44,426
Charitable Events	115,211	101,766
Food Purchase Account	2,592,896	1,952,349
General and Administrative	2,357,901	2,333,358
TOTAL EXPENDITURE	8,559,855	7,522,936
Net Operating Surplus / (Deficit)	1,445,780	1,874,711
Non-Operating Income		
Utilisation of Funds	74,691	113,362
Amortisation of Deferred Funds	112,725	89,844
TOTAL NON-OPERATING INCOME	187,416	203,206
Surplus of Income over Expenditure	1,633,196	2,077,917
Staff with remuneration above \$100,000		
\$100,001 and \$200,000*	3	2
\$200,001 and \$300,000*	0	1

*Includes basic salary, annual wage supplement, allowances, and employer's contributions to Central Provident Funds.

Food from the Heart is governed by the Board of Directors which is the final authority and has overall responsibility for policy making and governance. Board members are volunteers and receive no monetary remuneration for their contribution.

Food from the Heart has in place a Conflict of Interest and Confidentiality Policy Statement. Members of the Board of Directors and employees must declare if they have a conflict of interest regarding any business before the Board.

Food from the Heart is committed to the highest standards of openness, probity and accountability. The organisation has adopted a Whistleblowing policy to enable employees of the Company to raise concerns internally and at a high level and disclose information which individual believes show malpractice or impropriety.

Audited Financial Information 2022

Balance Sheet

	Note	2022 S\$	2021 S\$
Assets			
Non-Current Assets			
Plant and Equipment		1,104,819	949,977
Deposits		69,652	54,635
Total Non-Current Assets		1,174,471	1,004,612
Current Assets			
Other receivables		530,627	349,653
Deposits		20,103	35,689
Prepayments		24,189	3,960
Inventory	Note 1	191,976	109,691
Cash & Bank Balances			
Operating		9,199,181	7,469,163
Reserves	Note 2	2,607,490	2,085,000
Designated	Note 3	2,287,816	3,462,683
Total Cash & Bank Balances		14,094,487	13,016,846
Current Assets		14,861,382	13,515,839
TOTAL ASSETS		16,035,853	14,520,451

Funds			
Accumulated Funds		11,789,489	9,711,572
Designated Funds - Care & Share Matching	Note 4	0	(25,600)
Current Year Earnings		1,633,196	2,077,917
TOTAL FUNDS		13,422,685	11,763,889

Non-Current Liabilities			
Deferred Capital Grants	Note 5	334,444	314,134
Lease Liabilities		274,844	257,460
Provision for reinstatement costs		168,000	118,000
Total Non-current Liabilities		777,288	689,594
Current Liabilities			
Other Payables and Accruals		588,478	481,649
Lease Liabilities		151,681	122,260
Deferred Income	Note 6	1,095,721	1,463,059
Total Current Liabilities		1,835,880	2,066,968
TOTAL LIABILITIES		2,613,168	2,756,562
TOTAL FUNDS AND LIABILITIES		16,035,853	14,520,451

Notes to The Financial Statements

Note 1: Amount comprises undistributed food as at year end

Note 2: Reserve Policy

Food from the Heart's objective in managing fund is to maintain a level of reserve that enables the company to continue operating within at least 12 months period of time. This reserve is used to fund for working capital, any unexpected expenditures or events, and shortfalls in income. The Board of Directors reviews the company's reserve policy level on regular basis.

Note 3: Consists of funds designated for use in food purchase

Note 4: Designated Fund

The Designated fund is the fund received under Care and Share Matching Grant. The fund is designated for specific type of usage and will go towards building the capabilities and capacities of the social service sector and supporting social services to meet rising needs. NCSS has extended the fund utilisation period to 31 March 2022, and any remaining funds at the end of the extended date will be returned to NCSS.

The matching grant can be used in the following areas:

- | | |
|--|---|
| a. Capability building | b. Capacity building |
| c. New initiatives or expansion of existing services | d. Critical existing needs (up to 20% of grant disbursed) |

Note 5: Deferred Capital Grants

Care and Share Matching Grant received for approved supported usage is accounted for in respective fund accounts. Amount utilised for the purchase of plant and equipment is transferred to deferred capital grant account and amortised over the useful lives of the related assets to match the depreciation of the assets through amortisation of deferred fund. Amount utilized for other approved supported usage is recognised as income through utilisation of fund.

Note 6: Deferred Income

Deferred income comprises of voluntary donation income designated for purchasing of food, programmes and events usage. The full set of audited financial statement is available at www.foodfromtheheart.sg

A Few Words From Our CEO



“ We don’t just feed during the pandemic and festive seasons. Rising costs of living is a crisis which hits the vulnerable communities the hardest. Our team of staff works hard to continue to feed those who need, month after month.

To our Board of Directors, donors, sponsors, partners, volunteers, and friends, we sincerely thank you for your contributions. Your ongoing and steadfast support helped us provide food security to more than 59,300 beneficiaries every month.

We want to enhance our core programmes and hope that you will continue to be part of our journey in alleviating hunger in Singapore. Join us in giving better and let us share hope and nourish lives!

”

Robin C. Lee,
CEO
Food from the Heart

Meet The Team

Our committed team of passionate individuals ensures the smooth running of the day-to-day operations, while working hand-in-hand with our thousands of volunteers to make sure every beneficiary of Food from the Heart receive their food support in a timely manner.



Back Row (from left to right)

Teong Ser Pheng, Mohmad Othman, Ben Yeo, Justin Lim, Jaslin Koh, Sean Wee, Amanda Koh, Cecil Sim

Middle Row (from left to right)

Chun Mei Qi, Shahira Maya Sahar, Kelvin Lee, Katherine Chin, Toh Bock Heng, Cecilia Cho, Lee Xiao Hui, Gwen Chng

Seated Row (from left to right)

Timothy Lai, Mohamad Zuraimi Muchi, Robin C. Lee (CEO), Carryn Koh, Gloria Zhang



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Email: info@foodheart.org

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www.foodfromtheheart.sg



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