

Dalin

Celebrating Dietitian Day

February 22, 2013

During the lunch break in Dalin Tzu Chi Hospital, Superintendent Sou-Hsin Chien and volunteers in the Department of Nutrition and Dietetics present a simple yet love-filled lunch to dietitians and helpers in the kitchen while singing the song of “I wish you happiness by sending you a gift of love”. The surprise is to thank them for their hard work in preparing nutritious food for patients. All dietitians, cooks and helpers in the kitchen were still busy preparing lunch. When they saw Dr. Chien, they temporarily put their work aside and joyfully accepted his good wishes.

Gourmet and Nutritious Food That Shows Appreciation

Everyone smiled happily as they accept the Da-Ai vests as gifts. Dr. Chien told them that he appreciates their effort all the time, not just on the Dietitian Day. The entire department works hard to take care of hospital staff’s diet, and also promote vegetarian diet in the community.

Volunteer Shu-Ching Lin said, “I treat hospital staff as my own children. We are just like a family. I will do my best to help out.” She came in the morning to prepare sushi with fresh ingredients from her own garden and the market. Volunteer Ying-Ying Chen prepared spaghetti, commented, “Every morning for 365 days, the dietitian staff prepares food for volunteers at six o’clock. I want to make something different to show my gratitude.”

In addition to preparing food



Tzu Chi hospital's Superintendent Sou-Hsin Chien gives dietitians vests made of recycled materials to wish them a happy Dietitian Day.



Dietitian team prepared food and nutrition for the hospital staff and patients, so everyone can start a day with full energy.

for hospital staff, dietitians promote vegetarianism in the community from time to time. Dietitian, Ya-Wen Chen said, "Because of staff shortage, sometimes I need to promote vegetarian diet by myself. Although it is not easy to face the community alone, I feel rewarding that I am able to share my knowledge with the community and bring them up-to-date information on nutrition. "

"The food we prepared was immediately gone, then we need to prepare for the next round." Director of the Department of Nutrition and Dietetics, Chin-Huan Huang recalled the time when the hospital first started. The kitchen was pretty primitive with limited equipment. There were only three chefs and three dietitians. Yet they cooked for more than ten thousand people! They were so tired that they slept on cardboard after preparing lunch. After a hard day of work, they sure slept soundly and well!

Reduce Food Waste by Treasuring Food

In addition to satisfy staff's appetite, the dietitian team is diligently thinking of



Dietitians and kitchen staff deposited changes into the bamboo piggy bank wishing that people cherish every bite of their food.

ways to provide nutritious food and avoid wasting food. Chin-Huan Huang told us after they have enough staff, they spend more time to source food from reliable sources. One fifth of the foods they use are from Da Ai farm's organic vegetables. As for avoiding wasting food, they start from the beginning of preparing just enough food, so there is no oversupply and waste problem is reduced.

Hsiu-Chin Lin has been working in the dietetics department for twelve years. Every day, she spends two hours on commuting. Every morning, when she leaves the house, the sun has not risen. When she gets home after work, the sun has already set. Even with the long hours, she is very joyful that she has the opportunity to work in safeguarding people's health.

In today's world, dietitians know how people eat too well and waste too much. To promote people eat 80 percent full is the same concept as saving money for charity. Volunteer Pi-Chen Yeh talked about Master's concept of eating 80% full. Hopefully it can inspire people's inner kindness in daily life.