

# Bag of Joy Instruction Sheet 福袋指引

Follow the 3 steps in the tables below and you will pack your own Bag of Joy. There are two types of Bags of Joy: For children and for elderlies.

The following guide also have lists of things you would like to avoid. Please read carefully.

跟著以下3個步驟，您就裝好了一個福袋了！福袋有兩種：給小孩的和給老人的，兩種的裝法有不同喔。

請您看清楚什麼東西可以放、什麼不可以。（中文版在第3 - 4 頁。）

To pack a Bag of Joy for children	To pack a Bag of Joy for the elderlies
Step 1: Pick 2 hygiene products	
<ul style="list-style-type: none"><li>• <b>Anti-epidemic</b> (1 bottle 100 mL-500 mL) - eg. alcohol sanitizer, disinfectant etc.</li><li>• <b>Tissue paper</b> (1 roll/1 box), <b>toilet paper</b> (1 roll), <b>wet wipes</b> (1 box/1 packet) etc</li><li>• <b>Household cleaning agents</b> (1 bottle; 0.5 L-1L ) - laundry detergent, dishwashing soap etc.</li><li>• <b>Personal hygiene</b> (1 bottle; 0.5 L - 1 L) - body wash, hand soap, toothpaste etc.</li><li>• <b>Others</b> (1 piece) - toothbrush set, towel set, mask storage box</li></ul> <ul style="list-style-type: none"><li>✗ Unpacked or used</li><li>✗ Best Before Period remaining less than 8 weeks on donation date</li><li>✗ Bleach</li><li>✗ Chinese and Western medicines</li></ul>	

## Step 2: Pick 2 Non-perishable food

- **Staple food** (1 bag; 0.5-2 kg) - rice, instant noodles, flour etc.
- **Canned food** (1 can) - Spam, Canned beans, corned beef etc.
- **Supplementary food** (1 can; not more than 0.5 kg) - cereal, canned fruit, milk powder, condensed milk, biscuit, canned soup etc.
- **Seasoning** (1 pack; not more than 0.5 kg) - salt, sugar, spices etc.
- ✗ Unpacked or damaged items, such as biscuits and milk powder that have been opened, dampened, or crushed
- ✗ Best Before Period remaining less than 8 weeks on donation date
- ✗ Food that has deteriorated or deteriorated;
- ✗ Avoid donating food packaged in glass or fragile materials;
- ✗ Chinese and Western medicines

### Step 3: Pick 2 children products

- **Stationery**: pencil (several pcs), ball pen (several pcs), color pencils (several pcs), notebook (one pc), file folder (one pc), pencil case (one pc), gluestick (one pc) etc.
- **Toys** (1 small piece that can fit in our bag)
- **Books** (one pc) - educational books, children's books etc.
- **Snacks** (one pack) - candy, potato chips, etc
- ✗ Unpacked or damaged items, such as biscuits and milk powder that have been opened, dampened, or crushed
- ✗ Best Before Period remaining less than 8 weeks on donation date
- ✗ Food that has deteriorated or deteriorated;
- ✗ Avoid donating food packaged in glass or fragile materials;
- ✗ Chinese and Western medicines

### Step 3: Pick 2 elderlies products

- **Externally applied medicated oils** (1 bottle) - Mentholatum, Purple Flower Oil, White Flower Oil etc
- **Pain relief patches or cream**
- ✗ Unpacked or damaged items, such as biscuits and milk powder that have been opened, dampened, or crushed
- ✗ Best Before Period remaining less than 8 weeks on donation date
- ✗ Food that has deteriorated or deteriorated;
- ✗ Avoid donating food packaged in glass or fragile materials;
- ✗ Chinese and Western medicines

Items can be repeated for the same category. For example, you may pack two items from the anti-epidemic subcategory for hygiene products

給小孩的福袋	給老人的福袋
第一步：選兩個衛生用品	
<ul style="list-style-type: none"> <li>• 抗疫專用（一支100mL-500mL）- 如 消毒酒精，搓手液</li> <li>• 紙巾（一卷/一盒），廁紙（一卷），濕紙巾（一盒/一包）</li> <li>• 家居清潔劑（一支;0.5L-1L）- 如 洗衣，洗碗 等</li> <li>• 個人用品（一支;0.5L-1L）- 如 沐浴露，洗手液, 牙膏等</li> <li>• 其它（一件）牙刷，毛巾，口罩收納盒 已拆封或使用過的用品</li> <li>✘ 使用期已過，或少於8星期的衛生用品</li> <li>✘ 漂白劑</li> <li>✘ 中西藥品</li> </ul>	
第二步：選兩個乾糧	
<ul style="list-style-type: none"> <li>• 主糧（1包;1-2kg）（白米，乾麵，方便麵，麵粉等）</li> <li>• 獨立佐餐罐頭（一罐;不多於0.5kg）：（午餐肉、茄汁豆、沙甸魚、五香肉丁、回鍋肉、豆豉鯪魚等）。</li> <li>• 用作補充營養及纖維的副糧（一罐;不多於0.5kg）：（麥片、罐頭水果、奶粉、煉奶、餅乾、罐頭湯等）。</li> <li>• 調味料（1小包）（食鹽，食糖，冰糖，香料 等） 已拆封或損毀之食物，例如已開罐的餅乾、奶粉</li> <li>✘ 食用期已過，或食用期少於8星期的乾糧</li> <li>✘ 已變質或變壞的食物；</li> <li>✘ 避免捐贈玻璃或易碎物料包裝之食物；</li> <li>✘ 中西藥品</li> </ul>	

第三步：選兩個小孩用品	第三步：選兩個老人用品
<ul style="list-style-type: none"> <li>• <b>文具：</b>鉛筆（數支），原子筆（數支），顏色筆（數支），筆記本(一本)，文件夾(一件)，鉛筆盒(一件)，擦膠(一件)</li> <li>• <b>玩具：</b>適宜所有年齡，價值不必多於港幣150元</li> <li>• <b>書籍</b> (一本)：益智兒童圖書</li> <li>• <b>零食</b>（一包）：糖，薯片等</li> <li>✗ 已拆封或損毀之用品，例如已開封的紫花油，已削過的鉛筆</li> <li>✗ 賞味期限或有效期已過或少於8星期</li> <li>✗ 不適宜普遍廣大長者或兒童使用的物品</li> <li>✗ 避免捐贈易碎或易壞的包裝或用品</li> </ul>	<ul style="list-style-type: none"> <li>• <b>外敷藥油：</b>曼秀雷敦，紫花油，白花油</li> <li>• <b>止痛貼</b></li> <li>✗ 已拆封或損毀之用品，例如已開封的紫花油，已削過的鉛筆</li> <li>✗ 賞味期限或有效期已過或少於8星期</li> <li>✗ 不適宜普遍廣大長者或兒童使用的物品</li> <li>✗ 避免捐贈易碎或易壞的包裝或用品</li> </ul>

物品在同一餐單可以重覆，不必按照物品的小分類（例如：長者套餐PartB捐三份罐頭水果也可；兒童套餐捐PartC捐兩本筆記本也可）