



For immediate release

## ***SummerFest Promotes Yoga Fitness and a Healthy Earth***

(Hong Kong, August 3<sup>rd</sup>, 2018) *SummerFest 2018* launches two special events to promote physical fitness and sustainability of the Earth during the second weekend of August. Co-organised by FOOD-CO of St. James Settlement and Central Venue Management (CVM), *Food Carnival 2018@SummerFest* will be held to encourage people to minimise food waste while also providing nutritious dishes for those in need. Moreover, CVM has joined hands with the Pure Group to organise *Pure Playground@SummerFest* for yoga lovers to do outdoor exercise together. Public are welcome to participate in all of these events with free admission.

In addition, this year's *SummerFest* features the *XXL Playground*, an area filled with a series of giant inflatable games that integrate both sports and fun. Plus, there are art installations and playground facilities from *illuminate!*, all of which transform the Central Harbourfront into a playful pop-up park.

### ***Pure Playground@SummerFest***

Enjoy a fun and amazing outdoor workout filled with fitness, games and classes like #YogaForAll set amidst the backdrop of the urban city centre and Victoria harbour. Done on a larger scale than in previous years, this event will provide hundreds of yoga lovers with a series of chilled healthy drinks, game booths and stage performances, plus even more surprises.

Date: August 11<sup>th</sup>, 2018 (Saturday)

Time: 3pm-9pm

Venue: Central Harbourfront Event Space  
Entrance at Gate 3 (near Tamar Park)

Website: <https://www.summerfest-centralharbourfront.hk/Events/PurePlayground>

### ***Food Carnival 2018 @SummerFest***

More than 3,000 tonnes of food surplus are discarded everyday. But in fact, much of this food waste still contains high nutritional value.



Organised by FOOD-CO, Hong Kong's first comprehensive collaborative platform for food support services established by St. James Settlement, as well as CVM, this Carnival invites participants to make their own delicacies with surplus food and take part in various interactive games to learn the meaning of 'save & share' and caring for people in need.

The Carnival will also include a market place to offer nourishing food, organic snacks, and packaged foods that have passed their best serving dates. An array of eco-friendly products such as dining utensils, thermos bottles, lunch boxes and salad cups, etc., are on sale in a green market as well. Green workshops, too, will teach adults and kids how to make soaps with coffee grounds, scrubbing cream, potato stamps, and tie-dyed items with vegetables, plus other cool performances and game booths.

In addition, Vivian Lee, the renowned miniature artist, has been invited to 'cook' four dishes as small as a fingertip with food surplus items and mini cooking utensils. This will be an experience you won't want to miss!

Date: August 12<sup>th</sup>, 2018 (Sunday)

Time: 11am-6pm

Venue: Central Harbourfront Event Space  
Entrance at Gate 3 (near Tamar Park)

Website: <https://www.summerfest-centralharbourfront.hk/Events/FoodCarnival>

Workshop

Registration: <https://goo.gl/forms/9yn7VlrT1vGBxl4x1>

Facebook : <https://www.facebook.com/CentralHarbourfrontSummerFest/>

Photo link:

[https://drive.google.com/drive/folders/1kW0e4AE4yByW6r2o2PNEXypnndd\\_Uz4VB?usp=sharing](https://drive.google.com/drive/folders/1kW0e4AE4yByW6r2o2PNEXypnndd_Uz4VB?usp=sharing)

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