



MEANINGFUL WAYS TO CELEBRATE MID-AUTUMN FESTIVAL

Be Involved in the Community

- Immerse yourself in the vibrant culture of community performances, hands-on workshops and cultural showcases.
- Attend local food fairs to savour traditional delicacies and discover new favourites.



Reunite with your Family

- Sharing a meal together is more than just eating — it's an opportunity to catch up, share stories, and create lasting memories.
- Whether it's a traditional family dinner or a simple gathering over mooncakes and tea, be present with your family.



Healthy Eating Habits

- Opt for healthier versions mooncake — such as those made with mung beans or chickpeas.
- Try to eat slowly and savour each bite — this helps you stay aware of how much you're consuming and prevents overeating.

