



BRIGHT SIDE PROJECTS

臺灣嚮光協會

PLANT BASED MEALS INDIGENOUS TAIWAN YOUTH

We love being able to update you with more images of our indigenous youth this fall! We will be proceeding to add onto the year's newsletter with our workshops so you can get a better idea of the full scope of what we are doing.

This summer and heading into the fall season of 2025, we've continued our LIKAT afterschool care program for kids in Taitung, providing regular plant-based meals thanks to your support, ensuring our kids will have a

a full belly as teachers to guide them in homework as well as playtime afterwards. We've hosted several creative educational workshops that took children on "trips" to Italy in making pizzas and a stopover in Japan, making sushi rolls.

Bright Side Projects also brought back creative education workshops in Mexican Day of the Dead, highlighting the symbolism and reverence for loved ones who have passed on. Other than a delicious meal where the kids made California style guacamole, they were able to learn about this special holiday by painting donated terracota and cement pots and planting flowers that would help guide the spirits back home. Despite not having the marigolds that lovely colors and learning how to care for the flora still provided a wonderful experience for the kids.

THANK YOU!



BRIGHT SIDE
嚮光協會

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Recap

 CHINGCHUAN

11

CREATIVE
EDUCATION

76

AFTERSCHOOL SESSION

 TAITUNG

2

LOCATIONS



**Jan 2025-Sep 2025 afterschool care

**Jan 2025 - Oct 2025 creative education

Recap



448

**PLANT-BASED MEALS
SERVED**



**Jan 2025-Sep 2025 afterschool care

**Jan 2025 - Oct 2025 creative education

A young girl with dark hair in a ponytail, wearing a red and white striped shirt, is shown in profile eating a sandwich. She has a small white name tag with a yellow design on her forehead. The background is blurred, suggesting an indoor setting.

**ChingChuan
(Wufeng
Tribe)**

2012

Drive distance from Taipei 2.5 hours)

**A predominately indigenous Atayal community.
We create with kids ages 5-13 enlistment working
alongside the local Catholic Church and TaoShan
Elementary School.**

Approximately a pool of 100 children.



台東新
馬蘭Fukid部落

2015

Located in Taitung, we work with ShinMaLan, primarily comprised of the indigenous Amis Tribe. Approximate 75 households with 350 people, with roughly 30 children as part of FUKID's tutoring program.

In 2024, we started the Likat Afterschool Care Program due to need and popular demand

BRIGHT MOMENTS

 ChingChuan

GRADUATION

How can it already be graduation time already? All year round we continue to be involved in the lives of our ChingChuan youth, joining in their elementary school graduation not only marks a new chapter in their lives as they enter middle school, but is also of great honor for us to be able to join in this part of their journey.





Advocacy through Art

 ChingChuan

FROSTY FACES PORTRAITS

Wrapping up our year end series of animal welfare introduction with paintings for charity sale, we were happy to be able to introduce a cat rescue association to our ChingChuan indigenous kids. We paired the day's meal with vegan filet o fish burgers and olive oil seasoned mixed grilled vegetables and their favorite coconut milk salad.

SKILLS LEARNED

BASIC PAINTING SKILLS
ANIMAL WELFARE
CATS APPRECIATION









Menu

- **OMNISEAFOOD FILET O FISH BURGERS**
- **OLIVE OIL GRILLED VEGETABLE MIX**
- **SEASONAL SALAD WITH COCONUT MILK**

BRIGHT
MOMENTS

 ChingChuan

FRUITY FLORAL CUPCAKES

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SKILLS LEARNED

BASIC VEGAN BAKING
FRUIT DECORATIONS







Menu

- PASTA TOMATO SALAD
- HAND MADE PRESSED
FLORAL POTATO
- CHOCOLATE CUPCAKES
- SEASONAL FRUIT SALAD
WITH COCONUT MILK

鄉光
BRIGHT SIDE



Culture through Cuisine

 ChingChuan

DAY OF THE DEAD

We love the vivid colors and rich history in Mexico's Day of the Dead, so this is a special one we first hosted a decade ago, learning about unique holiday through hands on craft and cuisine inspired from the culture.

Kids were able to relate and share the similarities within their own family traditions on how they honored loved ones that have passed away. After sketching and getting a better understanding of the colors and symbols, kids set out to decorate their terracotta and cement flower pots, many of which that were donated. While the pots dried, we began to prepare for lunch together, first by making guacamole!

Prepping their guacamole and tasting if the lemon juice and salt was enough was a great experience for the kids who would then be more open to testing this out in their burritos. Getting kids involved in the steps is essential in the learning process and something that Bright Side Projects is proud of in our workshops.

For many it was their first time trying a burrito and we have to say it was very successful and we were able to head into the next section of the workshop, learning how to care for flowers and then planting them. We love being able to share experiences and have these moments with the children!

SKILLS LEARNED

MEXICAN CULTURE
DAY OF THE DEAD
CELEBRATION
ARTS AND CRAFTS
FLOWER CARE
HOW TO MAKE
GUACAMOLE









Menu

- CALIFORNIA STYLE BURRITOS WITH OPTIONS OF RICE, REFRIED BEANS, OMNIPORK MEAT, LETTUCE, SALSA, CORN, GUACAMOLE
- NACHO BOWL WITH KID MADE FRESH GUACAMOLE AND SALSA
- FRUIT SALAD WITH COCONUT MILK

BRIGHT
MOMENTS

 **Taitung**

FRUITY FLORAL CUPCAKES

As we went down to Taitung to check on our afterschool care program, we also decided to host a mini workshop with our indigenous Amis kids there. As most of the meals are usually prepared or purchased, this is one of the few times we were able to cook with the kids in FUKID. The kids were especially dedicated to carefully measuring the banking ingredients to make the perfect chocolate cupcakes.

SKILLS LEARNED

BASIC VEGAN BAKING
BASIC COOKING







Menu

- PASTA TOMATO SALAD
- ROUND BREAD GRILLED WITH GARLIC SAUCE
- CHOCOLATE CUPCAKES
- SEASONAL FRUIT SALAD WITH COCONUT MILK



Culture through Cuisine

Taitung

TRIP TO ITALY

As we headed down to Taitung to build even stronger bonds for our ShinMaLan FUKID Likat Afterschool Care Program, we were also excited to be able to have a day or two for kids to join in some of our renowned Culture through Cuisine workshops!

Although some were still busy with the annual indigenous celebrations or had left for the summer, we were more than happy to spend time with the youths that were there. In our first day, we got kids “passports” ready for their trip to Italy, learning about the culture and how to make pizza from scratch.

After prepping all the materials, we measured out the flour and ingredients, slammed the dough for ten minutes (also a great reliever of stress!) and let it rest on the side for a hour. We began to cut the veggies that would top our delicious handmade pizzas, including plant-based cheese and sausages.

Making and sharing food that you prepared is one of the many ways that we can express love and we were glad that he was able to have this opportunity in class!

SKILLS LEARNED

ITALIAN CULTURE,
LANGUAGE AND
ARCHITECTURAL SITES

PIZZA CREATION FROM
DOUGH TO CUTTING
VEGETABLES AND
TOPPINGS







Menu

- PIZZAS TO TAKE HOME
- ENGLISH MUFFIN PIZZAS
- PASTA WITH BOLOGNESE SAUCE
- FRUIT SALAD WITH COCONUT MILK

RIGHT SIDE
光協會



Culture through Cuisine

Taitung

TRIP TO JAPAN

Day two of our Culture through Cuisine workshop during this summer in Taitung! With two new students joining and everyone becoming fast friends, the crowd was lively as we “took” them on a trip to Japan, with their passports with new passport photos ready.

Kids were simply adorable as we took them on a nature walk after having them guess which country we would be visiting - they quickly yelled out the answer as the theme song for Doraemon came on. The goal of the nature walk was not just to familiarize themselves with the plants in their immediate surroundings but also to select some for their sushi plating.

They sliced and cut all the necessary ingredients for the sushi and smiles were on their faces as they intently watched us demo a roll and then continued to make their own rolls. If today had anything memorable it was definitely the smiles and the laughter on their faces as they created another delicious meal not just for themselves but also for us. We were able to use some of the plant-based sausages from the pizza class the day before and Taiwan localized it with a sprinkling of our veggie floss.

All in all a memorable day and new friendships were made, new things were learned about Japanese culture, a new meal, each other, and ourselves.

SKILLS LEARNED

JAPANESE CULTURE,
LANGUAGE AND
ARCHITECTURAL SITES
SUSHI MAKING
INCLUDING WASHING
AND CUTTING
VEGETABLES



Menu

- SUSHI ROLLS WITH OPTIONS OF SWEET POTATO, CARROTS, CUCUMBER, VEGGIE PORK FLOSS, KIMCHI, VEG SAUSAGE

MISO SOUP WITH UDON NOODLES

FRUIT SALAD WITH COCONUT MILK





BRIGHTER
FUTURES



LIKAT AFTERSCHOOL CARE PROGRAM

We first to know the indigenous youth of Taitung FUKID, an Amis tribe, in 2015. In 2024 we started our LIKAT Afterschool Care Program due to need and popular demand. With the launch, it means that three days a week in addition to providing educational support and the local's own language and cultural studies, our indigenous youth are able to receive plant-based meals at night.

A small stimulant for the local community in hiring one of our youths to assist with local parents and children. Children are responsible for the washing of their dishes and cleaning the center. We started providing additional sports and art workshops after tutoring.

SKILLS LEARNED :

HOMEWORK
TEAMWORK
RESPONSIBILITIES





Taitung Afterschool Likat Program









Taitung Sample Menu

BELL PEPPER AND FRIED
MUSHROOMS
SESAME BALLS

SLICED TOFU WITH SEAWEED
VEGETABLE STIR FRY NOODLES
SEASONAL VEGETABLES

“HAM” FRIED RICE
SAUTEED TOMATOS

FRIDAY DESSERTS: FLOWER TOFU





Taitung Sample Menu

**FOLDED SEAWEED RICE PACKS
TOFU, PROTEIN, LETTUCE, RICE,
AND VEGGIE FLOSS**

**WESTERN BACON SPAGHETTI +
MARSHMALLOW CONES**

JAPANESE ODEN + RICE

**MUSHROOM SALAD
MIXED WITH THE FIVE ELEMENTS'
COLORS**





THANK YOU!

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