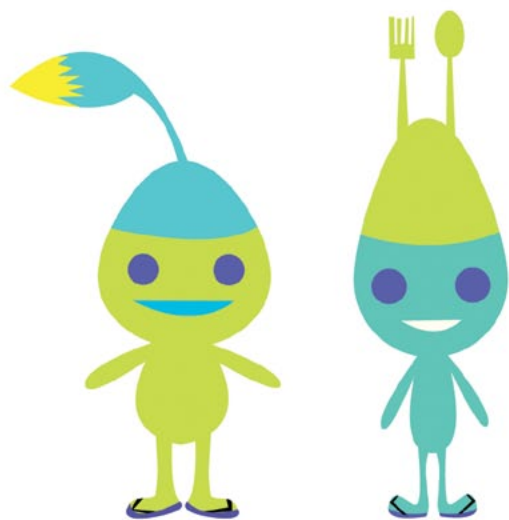


豐剩 X 中大
The Leftovers X CUHK

惜食在中大

Love Food Hate Waste @ CUHK



編者的話

給 希望減少廚餘 的你

To you
who hope for reducing food waste

大家好！我們是豐剩，是一個食物回收、教育及活動統籌的組織。很高興今次同中大齊齊在校園內推動惜食文化和減少廚餘。

近年各大專院校也陸續推行了不少環保項目，作為推動校園環保的先鋒，中文大學自然不例外。經常出入中大的我們，在校巴士等車時，抬頭總會看見電視上播放著中大綠色校園計劃的詳情：這裡省了多少碳、那裡省了多少電……在中大提倡低碳校園的整體計劃中，包括了將於2013 – 2014學年開始推行為期兩年的「惜食在中大」教育運動，希望透過一系列的活動和指引，減少中大廚餘，同時提升同學及教職員惜食的意識。

我們不是專職的環保人士，只是一群關心社會的中大學生。然而，在因緣際會下，我們得以親身見識到超級市場每晚扔棄大量完整食物到垃圾房的情況，憤怒的我們決定要做一點事情。我們起初把超級市場的剩食收集起來，送給文化中心外的露宿者。我們也展開了不同的食物回收行動，如回收婚宴的剩食。不過，我們很快就發現，這種回收行動遠遠比不上港人扔棄食物的速度，廚餘數量仍然不跌反升。因此，我們又展開了很多宣傳工作和活動，如舉行果醬工作坊，試過用油麻地果欄的剩果和大家一起煮果醬；也試過到小學進行「衛食兵團」，教導小學生減少浪費。去年藉著瑪雅人的末日預言，我們於中大新亞書院舉行了「剩食方舟」，從不同地方收集剩食再邀請大家一起共享食物，希望大家開心之餘也能思考自己的生活態度。

豐剩至今成立已經一年多，過去一年我們做了許多宣傳工作和活動，大眾對於廚餘的認識也有所增加，一些以往大家認為老掉牙的觀念，如「珍惜食物」、「打包」等也開始被重新提倡。政府也於這年開始推行「惜食香港」的計劃，似乎各界也開始投入減少廚餘的行動，我們終於起步，但前路仍十分漫長，在還未有相應的法例和政策配合時，我們只能發揮個人的力量，從自己做起，慢慢影響身邊的人吧！

所以，今次中大推行校園惜食教育運動實在是一個難得的機會，讓全校學生教職員由自身做起，重建我們上一代的惜食文化。

Editor's Note

Hi everyone! We are The Leftovers - an organization that is engaged in food recycling, educational talks and public event management. We are happy to collaborate with CUHK to nurture the less waste culture and to reduce food waste on campus.

In recent years, tertiary institutions launched environmental projects one after another. As a pioneer in campus environmental protection, CUHK is no exception. Visitors to CUHK can read about CUHK's progress in reducing carbon emissions and electricity consumption reported on the train station's solar-powered TV screen. Striving to be a low carbon campus, CUHK will launch a two-year 'Love Food Hate Waste @ CUHK - Education Campaign and Food Waste Reduction and Recycling Programme' in the 2013-2014 academic year. This campaign aims at reducing the volume of food waste generated by CUHK as well as raising awareness among students and staff about the importance of valuing food through a series of events and promotion of new guidelines.

We are not environmentalists but simply a group of CUHK students who care about our society. Incidentally, we had a chance to witness supermarkets disposing loads of food in good condition. The scene angered us and drove us to take action. At first, we collected dumped food from supermarkets and delivered it to the homeless outside the Cultural Centre. We also launched other plans like collecting leftovers after wedding banquets. However, we soon discovered that Hong Kong people throw away edible food at a rate far faster than we can handle. The amount of disposed food is increasing, not dropping. Therefore, we started promoting awareness and holding activities like jam workshops using leftover fruits from Yau Ma Tei Wholesale Fruit Market. Moreover, we went to a primary school to launch the 'Leftovers Army' campaign and teach the students how to reduce wastage. Last year, coinciding with a Mayan prophecy predicted that the world would end on 21 December 2012, we held the 'Leftovark' event in the New Asia Amphitheatre by collecting leftovers from different places and sharing them with all participants. We hoped that participants could enjoy the event as well as reflect on their daily attitude towards food resources.

The Leftovers has been founded for more than one year. In the past year, we have held numerous events to raise awareness about the issue of food waste. The public awareness of food waste has been improved. Ideas like treasuring food and packing up leftovers – which may sound old fashioned – are reviving now. The government has also launched a 'Food Wise Hong Kong' campaign this year. It seems that all sectors of the community are starting to get involved in reducing food waste. We are finally taking action, but there is still a long way to go. While we still lack corresponding laws and policies, but as individuals, we can nevertheless change things by reducing food waste in our daily lives, and influence the people around us by providing an example.

The CUHK Campaign provides an excellent opportunity for all students and staff to make a difference together and to rebuild the love-food-hate-waste culture from the past.

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香港廚餘 簡介

Food Waste in
Hong Kong -
An Introduction

香港的都市固體廢棄物數量一向驚人，據統計*，現時每天扔出接近9000噸固體廢棄物至堆填區，當中廚餘棄置量每日高達3600噸，相比起鄰近地區，如台灣及南韓，香港的垃圾量可謂驚人地「一枝獨秀」。近日擴建堆填區的爭議愈演愈烈：由於垃圾量持續增加，現時政府位於打鼓嶺、將軍澳及屯門的堆填區日漸飽和，政府提出擴建卻遭反對，擴建方案暫時擱置，然而問題始終沒有解決。現任環保局局長黃錦星曾作出驚人預言，香港再不著手處理垃圾問題，恐成「垃圾圍城」。在管理效率極佳的香港，我們難以看到堆積如山的垃圾，垃圾天天清，我們把垃圾倒掉便當作甚麼也沒有發生，事實卻逐步向我們逼近：堆填區擴建、焚化爐復建只是時間的問題。

Hong Kong has always been notorious for the high amount of municipal waste it generates. According to statistics*, every day nearly 9,000 tonnes of solid waste is thrown away to the landfills, around 3,600 tonnes of it being food waste, which is far greater than that of many neighboring areas such as Taiwan and South Korea. Landfill extension has recently become a heated issue: As the amount of waste is constantly increasing, landfills at Ta Kwu Ling, Tseung Kwan O and Tuen Mun will soon be full. Landfill extension, proposed by the government, was opposed and set aside. The problem has not been solved yet. Wong Kam-sing, current Secretary for the Environment, made an alarming prediction that Hong Kong will be 'besieged by waste' if we do not deal with the waste problem. The management efficiency in Hong Kong is so high that heaps of rubbish are cleared before we can notice them. We pretend that the problem has been solved after dumping the rubbish, but we have to face the truth: It is just a matter of time before we have to extend our landfill and build incinerators.

廚餘
Food Waste
40%

棄置的都市固體廢棄物
Disposed Municipal Solid Waste

每日 **9000** 公噸
TONNES PER DAY

救命啊！剩剩！為什麼會有這麼多巴士追著我們？為什麼它們都長了牙齒？

Help! Shing Shing! Why are there so many buses chasing us? Why do they have teeth?

它們是被人們浪費的食物的一小部分。在香港，一年有超過百萬公噸廚餘，就是說有相等於十萬輛巴士重量的食物被送到堆填區。豐豐，如果你平常能減少浪費，就不會被這麼多巴士追著走了。

This is only a small portion of our wasted food. Don't you know that in Hong Kong, over 1 million tonnes of food waste - equal to the weight of 100 thousand double decker buses - are sent to the landfill every year? Fung Fung, if you can reduce food waste in daily life, you won't be bugged by these buses.



*數據來源：環保署《香港固體廢物監察報告—二零一一年統計數字》

Data Source: 'Monitoring of Solid Waste in Hong Kong 2011', Environmental Protection Department

為什麼
香港會有
大量廚餘？

缺乏大眾意識

社會大眾的缺乏珍惜食物的意識是造成浪費的關鍵。在台灣南部，如台東、花蓮等地，居民都相當愛護孕育他們成長的好山好水，即使沒有推行垃圾徵費（台灣只有台北才有推行垃圾徵費），但他們對食物往往抱存著感恩與珍惜之心。他們對食物相當嚴謹，如不少民宿老闆總愛以當季食材製作新鮮健康的早餐給客人，這種對大自然的尊重是今日香港社會所缺少的生活態度。

在香港的五、六十年代，「浪費」這個詞語並不存在於一般家庭的生活字典裡，出外吃剩就要打包、在家吃不完就留待下餐再吃。然而，隨著香港社會變得愈趨富裕，我們也變得日漸浪費。出門吃飯總是吃剩：食物稍為不對口味便放棄；明知吃不了那麼多也不習慣叫「少飯」；宴客總要「有餘有剩」才有面子；女孩吃完整碟飯會被標籤為「大食」或被他人嘲笑「有沒有這麼餓？」。

自助餐、放題、韓燒等任喝任吃的進食方式更迅速加劇了廚餘的產生，火鍋店裡雖寫著吃不完要按量收費，但又有哪一次是真的實行？端出枱面的吃不完，在廚房內的浪費也不可忽視，餐廳總說要把最好的給客人，因此吃一條菜也只選中間甜美的部份，其餘部份不要，結果造成了大量浪費。

埋在堆填區的廚餘，除了是骨頭、蛋殼這類食物渣滓，也有很多完整無缺，甚至尚未過期的食物。大型店舖為了營造「新鮮」及「常滿」的感覺，往往過度生產，在晚上九時半我們還買到新鮮出爐的麵包、晚上十時也可找到琳琅滿目的壽司。然而每天超級市場、麵包店等地方都會將大量賣不完的食物扔棄，食物的商業價值凌駕於食物價值，種種方便和光鮮的背後，其實是嚴重的浪費。

作為消費者的我們，是否也要為種種浪費付上一些責任？



你能想像這些全是人們丟棄的剩食嗎？

Why does
Hong Kong
generate such an
enormous amount
of food waste?

Lack of Public Awareness

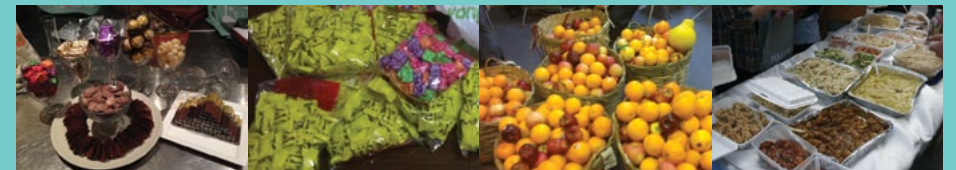
The lack of public awareness of treasuring food is the driving force behind the food waste problem. In Southern Taiwan, like Taitung and Hualien, residents treasure their own land very much. Even if there is no levy on waste (In Taiwan, only Taipei has imposed a levy on waste), residents always have gratitude for and cherish their food. They are passionate about good food. For example, hostel owners love using seasonal ingredients to make fresh and healthy breakfasts for their guests. This respect for nature is lacking in Hong Kong society today.

In the 1950-60s, 'food waste' was a term that did not exist in most families' vocabularies, as it was the norm for people to bring leftovers home after dining at restaurants. However, the more well-off Hong Kong society becomes, the more easily we waste. We are becoming more and more picky about gourmet food and it is always too easy for us to give up the food on our plates; people seldom ask for less rice even they know that the portion offered to them is often too much; girls who finish their meals are teased and called 'gluttons', or being asked 'Are you really that hungry?'.

Restaurants offering unlimited servings at a fixed price like buffets, Japanese all-you-can-eat meals and Korean barbecues aggravate the food waste problem. Hotpot restaurants often claim there is a penalty if customers cannot finish their food, but have they ever put it into practice? Food waste is generated not only by diners but by the kitchens as well. More and more restaurants attempt to draw customers by offering delicacies, for example by serving them only the finest parts of a vegetable and discarding the rest. As a result, a lot of food is wasted.

Apart from food residue such as bones and eggshells, many food items sent to our landfills are actually unopened, or even unexpired. This is because supermarkets, bakeries, restaurants and shops prefer to discard unsold food in order to keep their shelves fully stocked with fresh food, the better to woo customers who expect this kind of convenience at all hours of the day. At the same time, they throw away loads of unsold food everyday. The commercial value of food overrides its intrinsic value to nourish lives. What lies behind convenience and luxury is severe wastage.

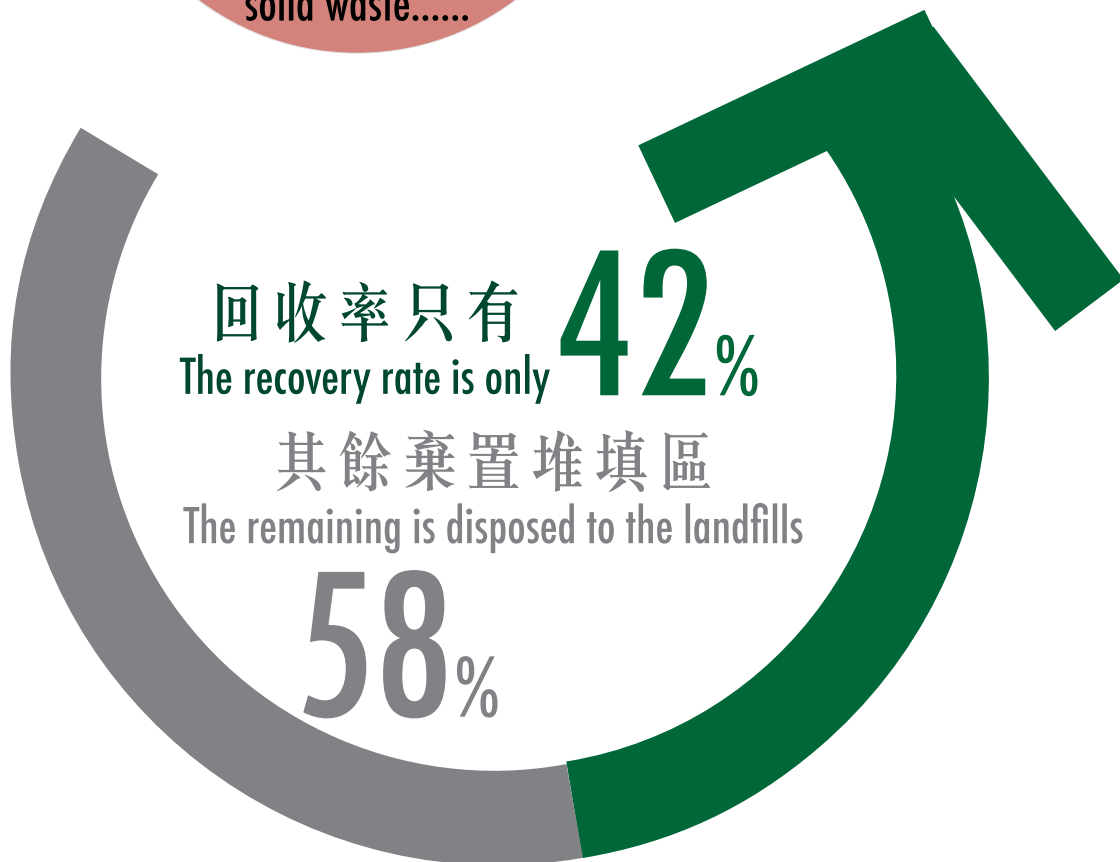
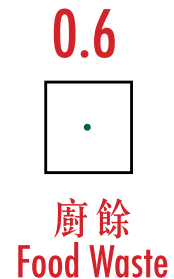
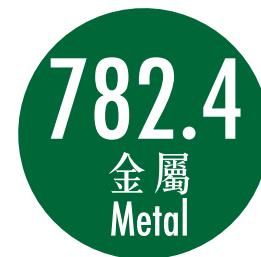
As a consumer, have we ever thought of the role we are playing in all these kinds of excess production and consumption?



Can you imagine these are all leftovers?



回收數量 (1000噸):
 Recycled Amount (1000 tonnes):



廚餘回收率極低 The low recycling rate of food waste

目前香港處理垃圾的方法主要是送往堆填區長埋地下，即把大部份垃圾未經分類運向堆填區。相比其他國家，香港於回收的比率相對較少。在廚餘回收方面，目前香港能處理廚餘的設施可謂少之又少。在高度城市化的香港，實踐廚餘分解作肥料或動物飼料似乎並非主要出路。而在規劃中的轉廢為能設施在寸金尺土的香港也是舉步維艱。

目前香港政府亦只於九龍灣設置了一座廚餘試驗處理設施，即使於小蠔灣及沙嶺的有機資源回收中心預計分別於2015年及2017年落成，每天也只能合共處理約500噸廚餘，並不足以解決日益嚴重的廚餘問題。

In Hong Kong, most garbage is disposed of by landfilling without classification. The recycling rate is lower than that of most countries and recycling of food waste is a practice almost unheard of due to the lack of incentive and hence there are few food waste treatment facilities (either recycling into fish/animal feed or fertilizers, or turning food waste into energy) in the highly urbanized Hong Kong. The upcoming waste-to-energy facilities will also face obstacles due to the little land in Hong Kong.

Currently, the pilot composting plant in Kowloon Bay is the only food waste treatment facility set up by the Hong Kong Government. Even though the construction of the Organic Waste Treatment Facilities in Siu Ho Wan and Shaling are expected to be completed in 2015 and 2017 respectively, they only have a total daily treatment capacity of 500 tonnes of food waste, which is not enough to cope with the aggravating food waste problem.

*數據來源：環保署《香港固體廢物監察報告—二零一一年之統計數字》

Data Source: 'Monitoring of Solid Waste in Hong Kong 2011', Environmental Protection Department

香港和其他國家 管理廢物及廚餘 的方法

Waste Management in
Hong Kong and in Other
Countries

源頭減廢

南韓和台灣早於1995年和2000年先後實施了廢物按量收費，其垃圾量亦明顯下降。以人均每日產生量計算，台北的家居垃圾和首爾的家居及小商戶廢物只有不夠0.5公斤，少於香港的0.84公斤。香港遲遲沒有相應的政策和設施，令我們在垃圾處理方面落後鄰近地區甚多。

改善香港廢物問題的方法有很多種，真正治本而有效的莫過於源頭減廢，以膠袋徵費為例，五毫一個膠袋已能大大減少膠袋使用量。除了膠袋徵費，

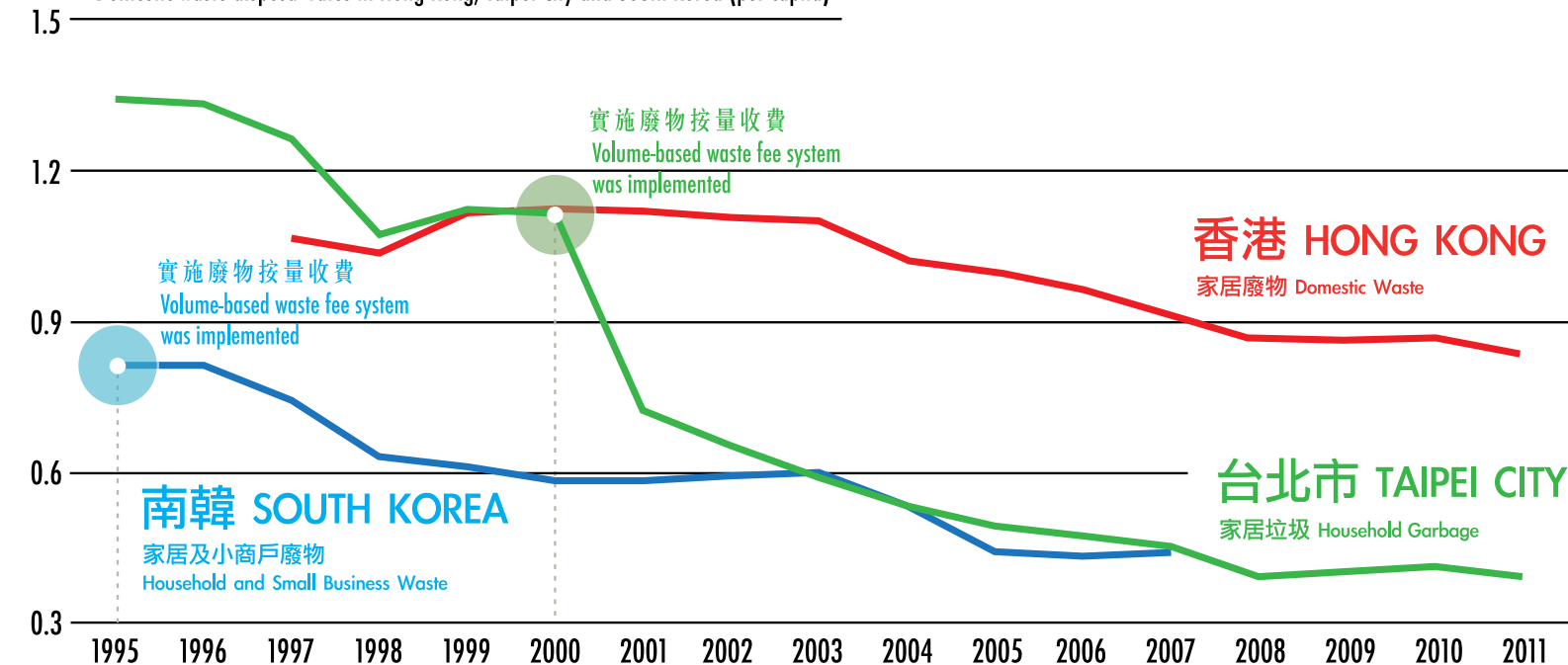
香港早已就垃圾徵費討論十多年，但一直只流於諮詢層面，沒有落實，原因是因為垃圾徵費必然會面對民間的一定阻力，配合垃圾徵費的相應配套也必須周詳計劃。香港人生活忙碌，工時長、作息不定時，要我們像台灣一樣，每天傍晚站在街口等垃圾車來倒垃圾是不可能的。除此之外，垃圾徵費的成敗關鍵在於確保居民遵從指引，沒有非法倒垃圾，因此台灣和南韓都在街道上安裝了大量的閉路電視以監視居民，在日益重視個人私隱的香港社會，安裝大量閉路電視勢必引來極大爭議和反對。因此，垃圾徵費一直議而不決，而在這些年間，香港的垃圾量則繼續以驚人的速度向上攀升。

Waste Reduction at Source

South Korea and Taiwan implemented a quantity-based charge for waste disposal in 1995 and 2000 respectively, after which the amount of disposal of rubbish decreased manifestly. On the basis of waste generated per capita per day, the household garbage in Taipei and the household and small business waste in Korea are both below 0.5 kg, which is less than Hong Kong's figure of 0.84 kg. The lack of corresponding policies and facilities in Hong Kong is to blame for its lag behind neighboring regions in terms of waste disposal and treatment.

There are numerous ways to solve the waste problem in Hong Kong, with waste reduction at the source being the most effective one. Environmental levy on plastic shopping bags, for instance, can drastically reduce the use of plastic bags with a charge of 50 cents. In Hong Kong, waste charging has been discussed for years but has not progressed beyond the consultation phase. There is foreseeable opposition from the general public. To succeed, the policy should take into account Hong Kong residents' busy lifestyle and other concerns to devise comprehensive supporting measures. As Hong Kong people lead busy lives, it is impossible for us to wait for the truck to collect our waste every evening like Taiwanese do. Moreover, the key to the success of the levy scheme is to ensure that the residents follow the guidelines and do not dump the waste on their own. Therefore, Taiwan and South Korea have CCTVs installed in the streets to monitor the residents. This will probably be controversial in Hong Kong where people place much importance on privacy. Thus, the implementation of environmental levy on waste is still pending while the amount of waste in Hong Kong continues soaring in these years.

公斤/日
kg/day 香港、台北市及南韓的家居廢物棄置量（人均）
Domestic waste disposal rates in Hong Kong, Taipei City and South Korea (per capita)



不同地方對廢物的定義和統計廢物的編制方法也有不同。看來類似的參數未必能完全直接相比。因此，以上圖表只是一個參考走勢圖。

Different places have different definitions of waste and different methods of compiling waste statistics. Hence apparently similar parameters may not be directly comparable. Thus the above chart is only for reference regarding trends.

數據來源：

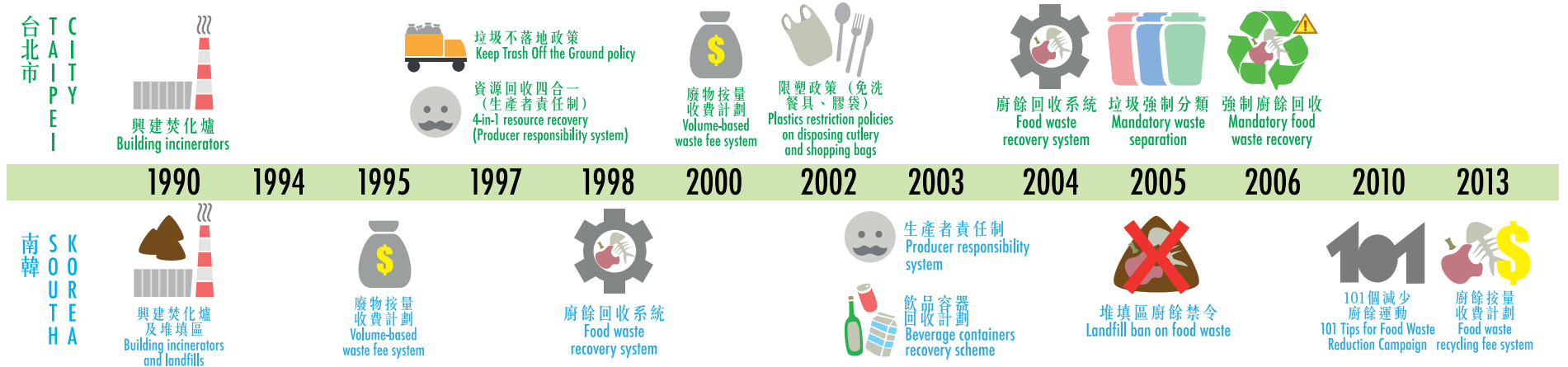
環境局《香港資源循環藍圖2013-2022》
環保署《香港固體廢物監察報告》
1997-2011

Data Sources:

'Hong Kong Blueprint for Sustainable Use of Resources 2013-2022', Environment Bureau
'Monitoring of Solid Waste in Hong Kong' 1997-2011, Environmental Protection Department

台北市及南韓廢物管理政策和措施時間表

Schedule of waste policies and measures imposed in Taipei City and South Korea



相較南韓和台北，香港的減廢政策較為可取的只有膠袋徵費，其餘可謂「甚麼也沒有發生」。
Compared to South Korea and Taipei, Hong Kong has made little progress in its waste management policies apart from levying a charge on plastic bags.

數據來源：環境局《香港資源循環藍圖2013 – 2022》
Data Source: 'Hong Kong Blueprint for Sustainable Use of Resources 2013-2022', Environment Bureau

廚餘回收

在廚餘回收方面，目前香港能處理廚餘的設施可謂少之又少，台灣通常會把分解的廚餘拿來餵豬和作肥料，但香港目前已停發養豬業牌照，加上農業規模漸小，實踐起來似乎另有難度。

工商界的垃圾處理費用基本上由全港市民負責，因為香港並沒有生產者責任制和用者自付這類相關措施，英國早已立法規管工商界需自行負責垃圾費用，由於交給政府的垃圾處理費高於廚餘回收及分發的物流費用，英國不少大型超級市場也選擇將賣不完的食物捐給有需要的人或將其再生成其他物品，而並非像香港一樣，將所有賣不完的東西全都運向堆填區，眼不見為淨。

廢物焚化及轉廢為能

現時日本、南韓、台灣以及不少歐洲國家皆有使用焚化爐，再轉化焚化的能量成電力，如東京便有21座焚化設施，處理近八成垃圾。香港過往亦曾興建焚化爐，及後於90年代開始全面停用。近年由於堆填區陸續飽和，政府已計劃於長洲的石鼓洲興建焚化爐，負責處理百分之二十三的廢物，不過市民大多恐懼焚化爐帶來的污染問題，焚化爐的方案亦遭受長洲居民的強烈反對。根據其他國家的經驗，興建焚化爐必須和源頭減廢雙管齊下，才是治本之法，正如台灣實施了垃圾徵費後，垃圾量大大減少，位於新北市的焚化爐更已開始焚燒徵費實施前產生的垃圾，顯示政策極為成功。

Food waste recycling

As it was mentioned, Hong Kong has very few facilities for food waste treatment. In Taiwan, food waste can be used as pig feed or composted. However, in Hong Kong where pig farming licenses are no longer issued and agriculture is in decline, it is difficult to have composting in practice.

All Hong Kong residents have to be burdened with the costs of waste disposal from the industrial and commercial sectors as Hong Kong does not have 'producer responsibility scheme' nor 'user pays' principle. The UK, on the other hand, made it mandatory for industrial and commercial sectors to pay for their own waste disposal long time ago. As the cost of food waste treatment charged by the government is higher than that of recycling food waste and leftovers by themselves, many large supermarkets in the UK choose to donate unsold food to the needy or convert them into useful materials. It is unlike Hong Kong, where all unsold food is dumped in the landfills.

Incineration and Waste to Energy

Japan, South Korea, Taiwan and some European countries have incineration plants and convert the energy from incineration into electricity. Take Tokyo as an example, there are 21 incineration plants which can treat 80% of the region's waste. Hong Kong had built incineration plants long time ago but all of them ceased to operate in the 90s. In these years, as the landfills will be gradually exhausted, the government has planned to build an incineration plant in Shek Kwu Chau, Cheung Chau. The plant is expected to treat 23% of Hong Kong's waste. However, residents are wary of the pollution created by the incineration plant and the plan is strongly opposed by the Cheung Chau residents. According to other countries' experiences, the waste problem is truly solved only if incineration and waste reduction are carried out simultaneously. In Taiwan, for instance, the amount of waste decreased drastically after a levy on waste had been imposed. The incineration plant in New Taipei City has started to treat waste generated prior to the imposition of the levy, which shows that the policy is a great success.

八個減少剩食的方法

8 Ways to Reduce Food Waste

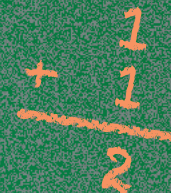
1

預備適當的食用份量

Prepare the appropriate quantity

吃多少才煮多少，就不會造成浪費了。很多大學生住進宿舍後都不太懂預計自己的飯量，其實正常份量的話，1/4杯子的米已經足夠。吃不完的話把剩食放在雪櫃裡，明天的午餐又有著落了，既可吃昨天的飯菜，也可炒飯來吃。要怎樣才可知道自已的食用份量呢？也可從觀察自己扔掉甚麼東西開始，從以評估自己所需要的食物。

Wastage can be prevented by cooking just enough. Many university students in dormitories do not know how to estimate how much food they need. Normally 1/4 cup of uncooked rice will be enough. If there are leftovers after a meal, put them in the fridge and reserve them for lunch tomorrow. You can simply reheat the leftovers or make fried rice. How can you tell what is the right amount for yourself? Try to observe what you throw away to estimate what you really need.



2

計算好採購的份量

Don't buy more food than you need

在採購前列好一張清單，寫好有甚麼東西要採買，更重要的是列明需要買多少，這樣就可以避免採購過多食物。不過話說回來，現時的超級市場大都會採取「買一送一」或「買得多更便宜」的促銷優惠，我們為了省錢最後反而買多了食物，建議和他人一起合買食物，不但能節省金錢，也可減少浪費。

List what you need before buying. More importantly, list how much you need to avoid buying too much food. By the way, most supermarkets have sales promotions like 'buy one get one free' or quantity discount. In order to save money, we often end up buying extra food. We recommend you buying food with others to save money and reduce waste.



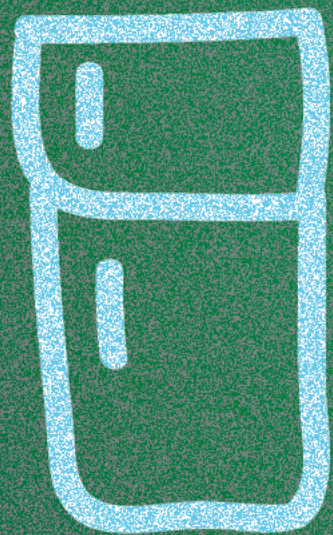
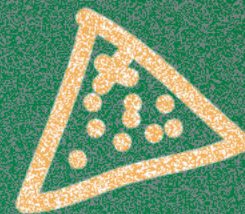
3

採購一些「奇形怪狀」的食物

Buy unconventional-looking produce

很多顧客都會避免購買看來不完美的食物。這些食物最後往往被扔棄，但其實它們還是可以進食的！下次你在採購時，不妨先選取一些外貌不算非常漂亮的食物，如表皮有一點損壞或有凹痕的包裝盒。

Most customers tend to avoid imperfect-looking food products. These foods end up being disposed but are actually good enough to eat! Next time when you are buying food, try to choose those that do not look perfect like those with a little bit surface damage or in a slightly scratched package.



4

留神冰箱

Regularly check your refrigerator

冰箱是屯積剩食的熱門地點！建議需定期檢查冰箱，留意食物的使用期限。

The fridge is where leftovers pile up! We recommend you to check the fridge regularly and finish food items before expiration.

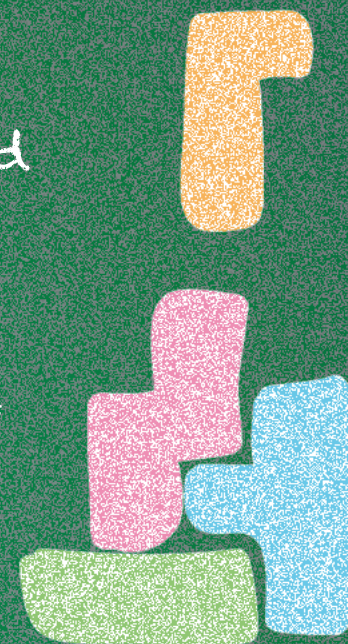
5

擺位

Placement of newly bought food

買東西回來後，把它放在櫃子的最後面，原本放在櫃子後面的食物則移向前面，這樣就可先吃快過期的食物，也不會令櫃子積聚一些過期多年也不知道的食物了。

Place newly-purchased food items behind older ones in the refrigerator or in the shelf. Move the food originally in the back to the front. In this way, you will consume food that will expire soon instead of piling them up over years.



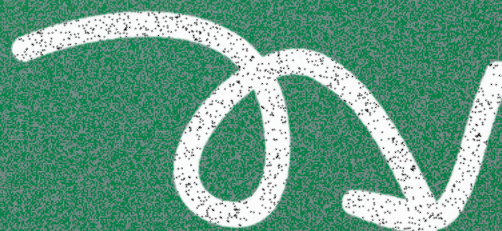
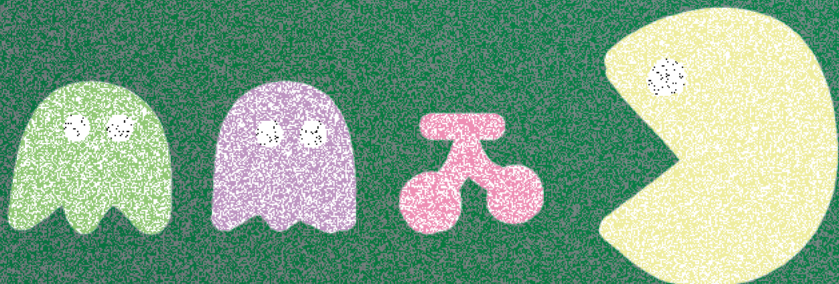
6

善用過剩食材

Utilization of excess food ingredients

善用食材的每一個部份，也可將過剩的食材再利用，如用過剩的白飯製作炒飯等。也不妨用剩餘的果皮製作環保酵素！

Make full use of every part of the ingredients. Use leftover food as ingredients for new dishes and why not use fruit peels to make Eco Enzyme?



請參考最後的「惜食實戰」！
Check out the section
'Waste Reduction in Practice'
at the back!

7

過期食物未必需要扔掉

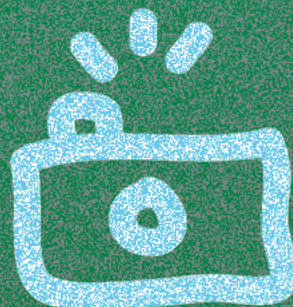
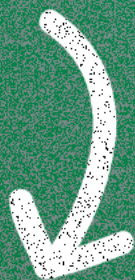
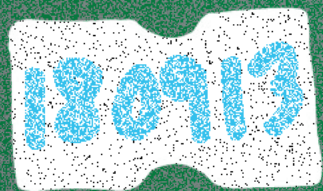
It's not always necessary to throw away expired food.

香港的包裝食物常會出現多個不同的日期標籤，如Best Before（此日期前最佳）及Used By（此日期前食用）。Best Before（此日期前最佳）往往是指一些罐頭或冷凍食物，一般過了「最佳食用日期」的食品，代表味道和質地不是最佳狀態，但進食仍然沒有危險。不過，雞蛋過了最佳食用日期就可能有沙門氏菌，故不能再吃了。

而Used By（此日期前食用）往往用於一些容易變壞的食物，如肉類或沙律，任何食物和飲品過了「此日期前食用」則不應進食。

Food packages in Hong Kong have different date labels, like 'Best Before' and 'Used By'. Best Before is usually for canned food or frozen food. In general, food is often still edible after the 'Best Before' date, although the taste and texture will no longer be optimal. However, Salmonella bacteria may breed in eggs, so eggs should not be eaten after the 'Best Before' date.

'Used by' is usually for food that easily goes stale like meat or salad. Any food that has passed its 'used by' date is unfit for consumption.



可參考 Refer to:

<http://www.gov.hk/tc/residents/health/foodsafety/fivekeys.htm>

最後，我們提倡並不單以標籤日期作為衡量食物適合食用與否的唯一標準，若某些食物一直存放得妥當，並徹底煮熟，或許可在過期後食用。有時候善用我們的觸覺和常識，用鼻子聞一聞，甚至嚐一口，也可知道食物有沒有變壞。

Last but not least, we recommend not using the expiry date as the only reference for judging whether the food is edible. If some food is properly stored for all time and fully cooked, it may be consumed even if it is expired. Sometimes we can make use of our own senses and practical wisdom. Smell or even taste the food and you will know whether it is stale or not.

8 剩食日記

Keep a 'Food waste diary'

香港人有「相機食先」的習慣，我們總愛在還未進食前先為食物拍下照片，不過，我們更可於進食後拍下自己吃剩多少食物，這樣就可知道自己有多浪費了！持續進行此活動的人大多會自動自覺不再吃剩東西呢！

People enjoy taking photos of their meals before eating. Why not take photos of leftovers too to monitor your progress in reducing food waste? Try to keep this food waste diary and you will make it a habit to finish your food.

香港相關
民間組織
Related NGOs
in Hong Kong

剩食回收 Leftovers recycling

由小寶慈善基金贊助的食物回收計劃，向飲食業界回收剩食，再包裝處理為飯盒，分發給貧窮線下或有需要人士。

A food rescue and assistance program organized by Bo Charity Foundation Limited. Food collected from the catering sector is treated, packed as lunchboxes and distributed to people living below the poverty line or the needy.

☎ 28015333
☎ 37471434
✉ info@foodangel.org.hk
🌐 www.foodangel.org.hk
🏠 香港柴灣新業街6號安力工業中心16樓04室
1604 Honour Industrial Centre, 6 Sun Yip Street, Chai Wan, Hong Kong



惜食堂 Food Angel

FOOD ANGEL 惜食堂
by Bo Charity Foundation

某些情況下，例如大型活動，食物銀行也是剩食的出路之一。

然而，香港的食物銀行大部份只收乾貨，如罐頭、公仔麵等，只有小部份才會收取濕貨，即剩食，然而基於衛生及其他考量，食物銀行收取濕貨時對食物的要求極嚴格，加上運輸和處理剩食的成本過大，因此食物銀行的規模一直未能普及。

In some circumstances, large events for instance, food banks can be the way out for leftovers. However, most of the food banks in Hong Kong only accept dry food (e.g. canned food and packaged food items), only a few of them accept cooked food. However, due to hygiene and other considerations, food banks have very strict requirements when collecting cooked food. In addition, the high costs of transporting and treating the leftovers hamper the growth of food banks in Hong Kong.

將被丟棄但能安全食用的食物回收，再分發予少數族裔、長者及其他有需要的人士。

Collects disposed but edible food and distributes it to ethnic minorities, the elderly and other needy.

☎ 27714787
☎ 27714788
✉ lunsausheung@yahoo.com.hk
🌐 www.jameslung.org.hk/
🏠 深水埗青山道六十四號名人商業大廈五零三B房
Room 3, 5/F, Celebrity Commercial Centre, No 64 Castle Peak Road, Shamshuipo, Kowloon, Hong Kong

油尖旺食物銀行 The Yau Tsim Mong Food Bank



非牟利組織，從各大酒店回收剩食再分派給有需要人士。

A non-profit organization collecting leftovers from hotels and distribute them to the needy.

☎ 25671561
☎ 28123617
✉ info@foodlinkfoundation.org
🌐 www.foodlinkfoundation.org
🏠 香港上環永樂街93-103號樹福商業大廈12樓2室
Room 1202, New Victory House, 93-103 Wing Lok Street, Sheung Wan, Hong Kong



膳心連 Food Link

Foodlink
Replacing hunger with a smile
用笑臉 換食慾 膳心連

食德好 Food Grace

食德好
FOOD GRACE



職工盟旗下的食物回收計劃，專門收集街市的剩菜和剩果。

A food recycling scheme under HKCTU which mainly collects unsold vegetables and fruits from markets.

☎ 3972 5261
☎ 2651 9833
✉ foodrecycling@hkctu.org.hk
🌐 foodrecyclinghk.wordpress.com
🏠 新界大埔太和邨翠和樓地下職工盟培訓中心
G/F, Tsui Wo Hse, Tai Wo Estate, Tai Po, CTU Training Centre

廚餘回收

Food waste recycling

食物銀行收集尚可食用的剩食，至於不能食用的廚餘又如何是好？也有一部份廚餘有機會逃過被送至堆填區的命運。現時有私人機構收集學校飯盒，將之製作為魚糧及肥料。可惜在香港此等機構仍屬少數。

Food banks collect edible leftovers. How about inedible food waste? Occasionally, some food waste escapes the fate of being dumped to the landfills. At the moment, there are also private organizations that collect lunchboxes from schools and convert them into fish/animal food or fertilizer. However, it is a pity that these organizations are still rare in Hong Kong.

香港有機資源再生中心

HKOWRC

HKOWRC
香港有機資源再生中心

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🏠 新界上水金錢村金翠路12號
No 12, Kam Chui Road, Kam Tsin Tsuen,
Sheung Shui, NT



每天收集數噸廚餘，將其再生成為魚糧和肥料。
Collects several tonnes of food waste everyday and converts it into fish feed and fertilizers.

秋風有限公司

Aubree Limited



☎ 36274381
✉ aubreehk@gmail.com
💻 http://aubreehk.wix.com/home
🏠 觀塘海濱道151-153號廣生行中心1201室
Room 1201, Kwong Sang Hong Centre,
151-153 Hoi Bun Road, Kwun Tong

由中大畢業生鄭營啟創辦的社會企業，他引入了白色昆蟲「黑水虻」，將廚餘消化，並製成魚糧、蟲粉及肥料。他亦製作了名為「魚菜共生」的蟲魚菜廚餘減廢教育設施，一方面以「黑水虻」餵魚，其後再從魚缸抽取水份，種植沙律菜，這個設施有機會在校園內其中一個書院引入。

A social enterprise founded by Jack Cheng, a CUHK graduate. He introduced a white insect species 'black soldier fly' that can digest food waste and produce fish feed and fertilizer. He also created a 'food waste transformer' where black soldier flies are fed to fishes and the water in fish tank can be used to grow escarole. This facility has the chance to be introduced to one of the colleges on campus.

廚餘變魚糧

Recycling Food Waste as Fish Feed

九龍生物科技有限公司

Kowloon Biotechnology Limited

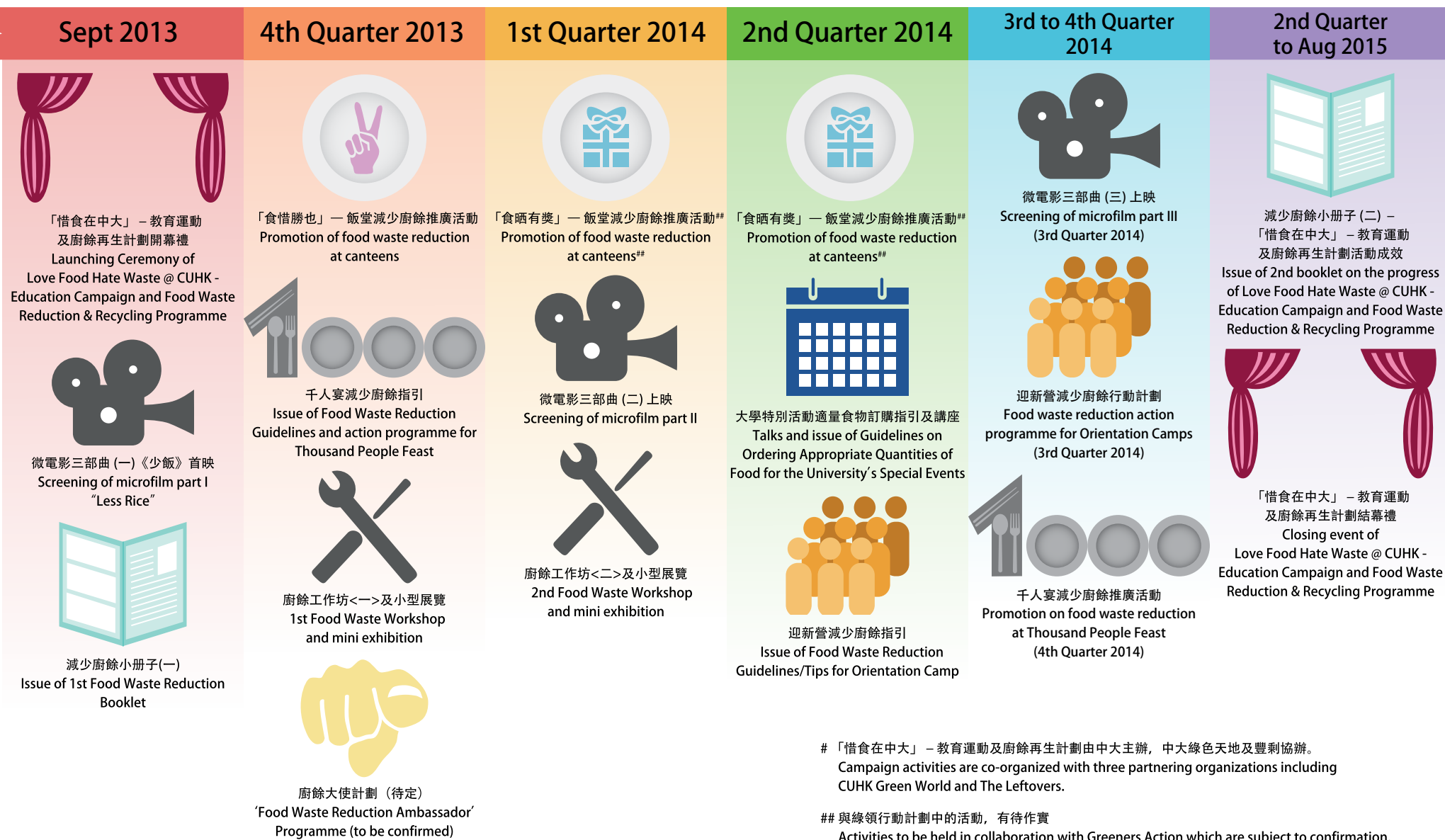


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「惜食在中大」計劃介紹

LOVE FOOD HATE WASTE @ CUHK - CAMPAIGN OUTLINE



「惜食在中大」－教育運動及廚餘再生計劃由中大主辦，中大綠色天地及豐剝協辦。
Campaign activities are co-organized with three partnering organizations including CUHK Green World and The Leftovers.

與綠領行動計劃中的活動，有待作實
Activities to be held in collaboration with Greeners Action which are subject to confirmation.

中大

Introduction to Food Waste Recycling Facilities in CUHK

逸仙樓學生宿舍
Yat Sen Hall Student Hostel

學生飯堂
Student Canteen

學生飯堂
Student Canteen

和聲書院
Lee Woo Sing College

WS Pavilion

湯若望宿舍後
Behind Adam Schall Residence

逸夫書院
Shaw College

伍宜孫書院
Wu Yee Sun College

聯合書院
United College

學生飯堂
Student Canteen

新亞書院
New Asia College

知行樓旁
Near Chih Hsing Hall

本部
Main Campus

晨興書院
Morningside College

學生飯堂
Student Canteen

大學體育中心後 (綠色天地)
Behind U-Gym (CUHK Green World)

范克廉樓
Benjamin Franklin Centre

學生飯堂
Student Canteen

善衡書院
S.H. Ho College

眾志堂
Chung Chi Tang

綜合教學大樓
An Integrated Teaching Building

崇基學院
Chung Chi College

鄭裕彤樓
Cheng Yu Tung Building

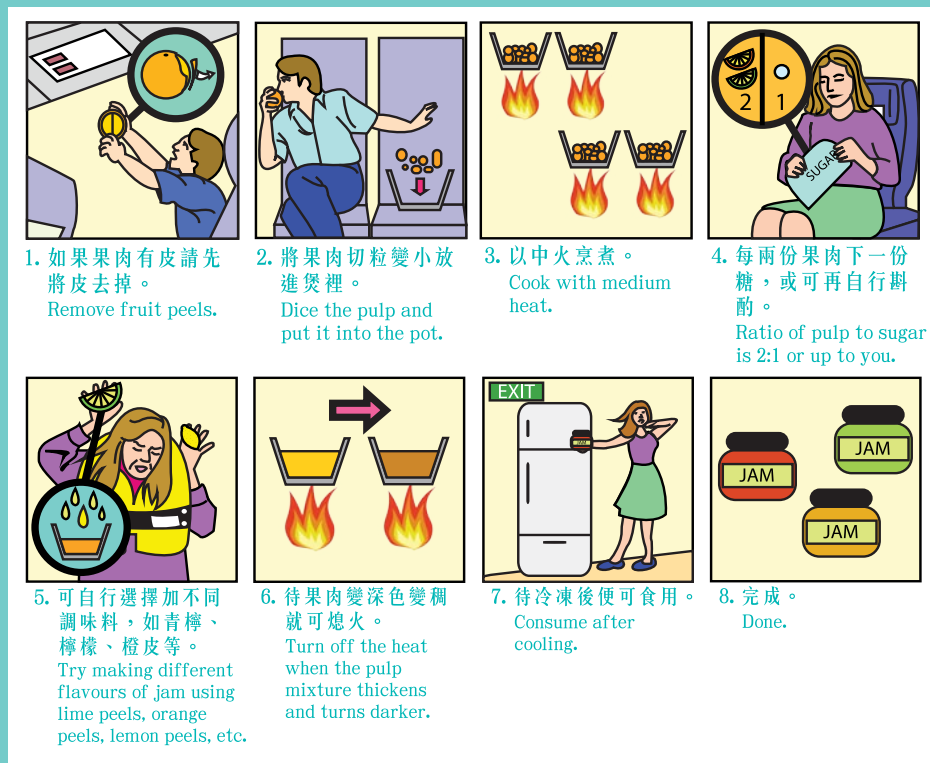
-  廚餘分類設施
Food Waste Separation Facility
-  廚餘機 / 廚餘分解再造
Decomposer / Facility for Food Waste Recovery
-  有機耕地
Organic Farming
-  天台 / 平台花園種植
Farming on Rooftop / in Podium Garden
-  計劃中
Upcoming Project

設施介紹

惜食實戰 Waste Reduction in Practice

剩食食譜 Leftovers Recipe

剩果果醬 Fruit Jam



1. 如果果肉有皮請先將皮去掉。
Remove fruit peels.
2. 將果肉切粒變小放進煲裡。
Dice the pulp and put it into the pot.
3. 以中火烹煮。
Cook with medium heat.
4. 每兩份果肉下一份糖，或可再自行斟酌。
Ratio of pulp to sugar is 2:1 or up to you.
5. 可自行選擇加不同調味料，如青檸、檸檬、橙皮等。
Try making different flavours of jam using lime peels, orange peels, lemon peels, etc.
6. 待果肉變深色變稠就可熄火。
Turn off the heat when the pulp mixture thickens and turns darker.
7. 待冷凍後便可食用。
Consume after cooling.
8. 完成。
Done.

果醬沒有加防腐劑等化學物料，因此存放期也有限，放在雪櫃裡2-3星期內就要食用了！在宿舍煮一大鍋果醬然後和同房一起分享吧！

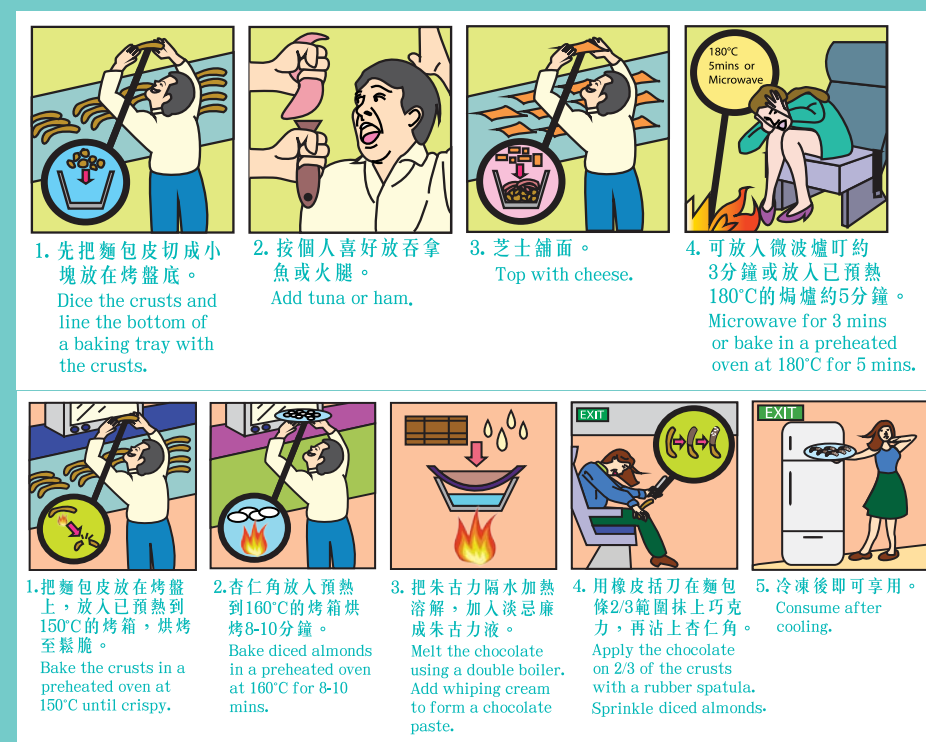
The jam does not contain preservatives so should be stored in the fridge and be consumed within two to three weeks. Try making a large pot of jam in the dormitory and sharing it with your roommates!

只要發揮創意，剩食也可大翻身變成美味的佳餚。以下列舉幾個簡單易做的食譜：
Unleash your creativity and turn leftovers into mouth-watering preserves and snacks! Some simple recipes utilizing leftovers can be found below.

其實在網上也有不同的剩食食譜可供參考，如英國的 Love Food Hate Waste網站：
<http://www.lovefoodhatewaste.com/>
裡面分門別類，有圖有短片也有詳細做法，不說還不知道這是剩食食譜呢！

You may also refer to a comprehensive collection of leftover recipes (abound with instructions, photos and videos) from the UK website 'Love Food Hate Waste':<http://www.lovefoodhatewaste.com/>

麵包皮 Bread Crust



1. 先把麵包皮切成小塊放在烤盤底。
Dice the crusts and line the bottom of a baking tray with the crusts.
2. 按個人喜好放吞拿魚或火腿。
Add tuna or ham.
3. 芝士鋪面。
Top with cheese.
4. 可放入微波爐叮約3分鐘或放入已預熱180°C的焗爐約5分鐘。
Microwave for 3 mins or bake in a preheated oven at 180°C for 5 mins.
1. 把麵包皮放在烤盤上，放入已預熱到150°C的烤箱，烘烤至鬆脆。
Bake the crusts in a preheated oven at 150°C until crispy.
2. 杏仁角放入預熱到160°C的烤箱烘烤8-10分鐘。
Bake diced almonds in a preheated oven at 160°C for 8-10 mins.
3. 把朱古力隔水加熱溶解，加入淡忌廉成朱古力液。
Melt the chocolate using a double boiler. Add whipping cream to form a chocolate paste.
4. 用橡皮刮刀在麵包條2/3範圍抹上巧克力，再沾上杏仁角。
Apply the chocolate on 2/3 of the crusts with a rubber spatula. Sprinkle diced almonds.
5. 冷凍後即可享用。
Consume after cooling.

如何收集麵包皮? Where can you find leftover bread crusts?



中大某些飯堂做三文治時會把麵包皮切掉不用，導致每天都有大量的麵包皮被扔棄。試著大膽問問飯堂老闆或員工有沒有剩餘的麵包皮，很可能滿載而歸呢！

Some canteens in CUHK cut off bread crusts while making sandwiches. Be courageous - check with canteen staff to see if they will give you some!

惜食實戰

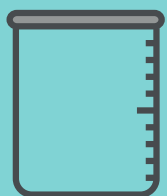
Waste Reduction in Practice

環保酵素 Eco Enzyme

現時不少家庭主婦都喜歡收集剩下的蔬果廚餘做環保酵素，這是目前最為方便易學的剩食資源再造而且製成的酵用途甚為廣泛，小至家居清潔，大至保護環境都可以。大家也可以在家試試看！

Nowadays, many housewives like to collect vegetable scraps and fruit peels for making Eco Enzyme. This is the easiest leftovers upcycling method. Eco Enzyme has many uses from domestic sanitary to environment protection. Let's DIY at home!

材料 Materials



有蓋容器 Container with lid

- ✓ 塑膠 Plastic
- × 玻璃 / 金屬 Glass / Metal

由於製作過程中會產生氣體，塑膠等可膨脹的物料能避免瓶內氣壓擠破容器，另建議使用寬口的容器，開瓶時避免液體噴出。

As gas is generated in the process, elastic materials like plastics can avoid the pressure inside from breaking the container. We also suggest using wide-mouthed containers to avoid the liquid from spurting when opening the container.



長筷子 Long chopsticks

攪拌用
For stirring



水 Water

水喉水即可
Tap water will do



廚餘 Scraps

- ✓ 任何菜渣 / 果皮 (未煮熟)
Any Vegetable Scraps / Raw Fruit Peels
- × 魚 / 肉 / 油膩的廚餘
Fish / Meat / Oily Food Waste

如果要製作出來的酵素有清香氣味，多放果皮吧。
Add more fruit peels for a more fragrant Eco Enzyme.



糖 Sugar

黑糖或黃糖較天然，效果更佳，但用白糖亦可接受。

Muscovado sugar or brown sugar are more natural and have better effect, but using white sugar is also acceptable.

比例 Ratio

10

3

1

步驟 Procedures



加水至容器六成滿
Add water to 60% full



加糖並攪勻
Add sugar and stir well



把廚餘撕成小塊並加入至八成滿
Cut scraps into pieces and add till the container is 80% full



把廚餘按下至液體裡
Press the scraps into the liquid



裡面留有空間並把容器蓋緊
Leave some space inside and over the container



寫上製作日期
Write down the date of making

建議初期每日打開蓋口釋放氣體，並不時把浮在液面上的廚餘按下至液體裡。

環保酵素應該放在空氣流通和陰涼處，避免陽光直照，發酵3個月後即可使用。

In the initial stage, we suggest opening the lid to release the gas generated every day and regularly press the floating scraps down into the liquid.

Store the Eco Enzyme in a well-ventilated cool place and avoid sunlight. It will be ready for use after 3 months.



完成的環保酵素呈棕黃色，而且有橘子般的刺激氣味，將製好的環保酵素過濾到瓶子中待用。

發酵後留下的廚餘可繼續留在容器內，加入新的廚餘再次釀制酵素。

Finished Eco Enzyme is yellowish brown with an orange-like tangy smell. Filter the liquid into a bottle for use.

The residue can be left in the container and used to make a new batch of Eco Enzyme with some new scraps.

環保酵素有什麼作用? What Can Eco Enzyme Do?

	稀釋比例 Dilution Ratio
環保酵素 Eco Enzyme	1
原來的清潔產品 Original cleansing product	1
水 Water	10

洗碗 Dishwashing
有效去掉碗碟油污之餘，可減少化學成分
Can remove grease effectively with less chemicals

洗澡 / 洗頭 Bathing / Shampooing
有助舒緩皮膚病，炎症等
Relieves skin diseases and inflammation etc

環保酵素 + 水
Eco Enzyme + Water

種植 Planting
加水稀釋 1000 倍，可改善土地及植物品質
Can be used as a soil improver and plant fertilizer after 1:1000 dilution

淨化水質 Water purification
疏通馬桶、溝渠、下水道以至河水，1 公升的酵素可以淨化 1000 公升的河水
Unclog toilets, ditches, sewers and even rivers. 1 litre of enzyme can purify 1000 litres of river water

可參考 Refer to
<http://www.enzymesos.com/>

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Layout and Graphics Design: The Leftovers

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