

「惜飲惜食有福氣」宴席輕量計劃

挑戰「餐桌零廚餘」！

“Order less Waste less, more Blessings” Light banquets Campaign

Achieving ZERO FOOD WASTE on banquet table!

A. 計劃背景 Background



全球每天有超過八億人在捱餓；但另一邊廂，香港人每天丟棄的廚餘(包括食物)，約三千多噸，佔都市固體廢物約三成六。

香港地球之友於 2010 年調查發現，104 圍宴席後的廚餘，竟可產生 400 公斤的廚餘，倒掉的食物重量相等 20 圍酒席的食物。香港地球之友自 2010 年底開始，率先推出「惜飲惜食」春茗宴，呼籲企業舉行中式春茗時，把傳統八至十道菜式減少兩道，避免因餸菜太多造成浪費，四年以來獲政府部門、企業等百多個機構及部門的積極響應。

每年的 10 月 16 日，聯合國糧食及農業組織將這天定為「世界糧食日」，希望這一天可以喚起世界對糧食的重視。香港地球之友亦於每年十月中強加「惜飲惜食」行動的宣傳，今年主題為「惜食天使」，希望每一個人 --不論你是個人還是公司，都一起守護食物，不隨意浪費。

Over 800 million people are starving every day in the world. On the other hand, the daily amount of food waste going into Hong Kong landfills is over 3,000 tonnes, which represents 36% of the city's municipal solid waste.

Friends of the Earth (HK) conducted a survey in 2010 and found out that food waste from 104 banquet tables is amounted to 400kg, an equivalent of 20 tables of food in weight. FoE (HK) started the “Order less Waste less” Spring Reception campaign since 2010 to promote the ideal green menu of reducing at least two main courses from the traditional twelve courses. It was supported by the Hong Kong SAR Government together with numerous corporations and organizations in the past 4 years.

The “World Food day” occurs every October 16th. It is the day that the Food and Agriculture Organization of the United Nations (FAO) uses to help remind the world to cherish food. Friends of the Earth (HK) also promotes its “Waste NO food” campaign messages every October. “Be a Food Angel” is theme of this year’s campaign. We hope everyone, whether you are an individual or a company, join us to prevent food from

wastage.

B. 計劃詳情 Details

「惜飲惜食有福氣 - 宴席輕量計劃」重點宣傳「珍惜食物，宴席零浪費」訊息，推動更多工商機構在舉行宴席以至私人宴會，在訂餐時時常關注環保，身體力行減浪費。

“Order less Waste less, more Blessings – Light banquets” Campaign emphasizes on promoting the message of “Cherishing Food and No Food Wastage in Banquet”, and motivating more organizations and the community to actively help reduce food waste.

- 實踐以下綠色宴席三步曲，目標達至「**餐桌零浪費**」。

Implement the following 3 steps and try to achieve “**ZERO FOODWASTE on banquet table**”

惜食宴席 1-2-3 Steps 1-2-3:	內容 Details
1. 貴精不貴多 Quality instead of Quantity	按量點菜 Order Less Waste Less: <ul style="list-style-type: none"> ● 清楚知道每次「用餐人數」，安排最適當份量的膳食。Prepare the most appropriate portions of meals according to the number of guests (甚至在中式宴會中減少兩道主菜或以上，調節恰當份量 even reduce at least 2 main courses at banquets and ensure an appropriate amount of food)
2. 光盤行動 Clear your plate	席上傳遞惜食訊息，鼓勵賓客細心品嚐食物，以「光盤」為目標，把食物吃光。Deliver Cherish Food message during banquet. Encourage your guests to enjoy and finish all the food.
3. 善用「盈餘」 Take away the leftovers	鼓勵賓客自備食物容器，將「盈餘」(剩菜)帶走繼續享用。Encourage your guests to bring their own reusable boxes to enable any leftover food to be taken home to enjoy later.

C. 參與辦法 Signing up

於舉行宴席前填妥有關表格，電郵至 foodwaste@foe.org.hk 或傳真至 2529 2777。

Please fill in the application form and return by either email to foodwaste@foe.org.hk or fax to 2529 2777 on/before the banquet date.

D. 鳴謝/資源 Acknowledgment and Resources

- 參與單位名字鳴謝於香港地球之友「惜飲惜食」網頁
Names of participating units will be acknowledged in “Order less Waste less” website of FoE(HK)
- 「惜飲惜食有福氣」電子證書
E-Certificate of “Order less Waste less, more Blessings” for participating units
- 「惜飲惜食有福氣」桌上宣傳卡及海報(免費電子版)，供參與企業連同邀請卡發放或於宴會席上讓客人參閱。Table stands and Poster of “Order less Waste less, more Blessings” (Free e-version). This can be distributed together with the invitation cards or displayed in the banquets.

請支持香港地球之友「惜飲惜食」運動

Please support FoE(HK)'s “Waste No Food Campaign”

經過多年以來的努力，社會不同界別均已開始關注食物浪費的問題，我們期望可以進一步鼓勵飲食業界及企業的配合，讓社會上的「惜飲惜食」氣氛更濃！

The public starts to care about the problems of food waste after the efforts we have made over these years. We sincerely hope that the catering industry and corporations will work together to create a better atmosphere of food cherishing.

www.foe.org.hk

「惜飲惜食有福氣」宴席輕量計劃報名表格

“Order less Waste less, more Blessings”

Light banquets Campaign Application Form

謝謝 貴機構參與「惜飲惜食有福氣」計劃，請填妥以下有關資料：

Thank you for joining, please fill in the following information:

機構名稱 Name of Organization :	中文 Chinese
	英文 English
聯絡人 Contact person:	
職位 Post:	
聯絡電話 Contact number:	
聯絡電郵 Email Address:	
聯絡地址 Mail Address:	
「宴席零浪費」行動： “Waste No Food” Actions:	<p>實踐綠色宴席三步曲，包括： Implement the following 3 steps:</p> <p><input checked="" type="checkbox"/> 貴精不貴多 Quality instead of Quantity</p> <p><input checked="" type="checkbox"/> 光盤行動 Clear your plate</p> <p><input checked="" type="checkbox"/> 善用「盈餘」 Take away the leftovers</p>
參與圍數 Number of tables involved:	
宴席舉辦日期 Date of Banquet:	
(歡迎提供有關資料，如菜單等) (Please provide related information, i.e. menu)	

- 請將填妥的表格電郵至 foodwaste@foe.org.hk 或傳真至 2529 2777。

Please fill in the form and email to foodwaste@foe.org.hk or fax to 2529 2777.