

[COVER]

How to teach Food Waste & Poverty

A Feeding Hong Kong guide to raise awareness of food waste and poverty in schools.

如何教育「剩食與貧窮」

這是一本由樂餉社為學校編制的手冊，為提高學生對剩食和貧窮議題的意識。

Food wanted, not wasted

3,400 tonnes of food waste go to the landfills in Hong Kong every day, while almost one million people live in poverty, struggling to three nutritious meals a day.

Serving as the link between food companies and charities, Feeding Hong Kong bridges the gap between food waste and hunger by bringing food from places of plenty to people in need. We are a Hong Kong registered charity with a mission to fight hunger and reduce the amount of quality food being sent to landfills.

This school pack serves as a guide to raise awareness of food waste and poverty in schools. It provides some ideas to help you organise school activities.

食物珍惜，不浪費

在香港，每天有 3400 噸的食物被運送到堆填區。同時，接近一百萬人活在貧窮之中，為三餐奮鬥。

樂餉社作為食品公司和慈善機構的橋梁，致力通過拯救剩食，並把它們轉送給有需要的人來拉近剩食和貧窮之間的差距。

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剩食 101

The Global Picture

Approximately, one-third of food produced for human consumption is lost or wasted globally. That amounts to about 1.3 billion tonnes every year. At the same time, nearly a billion people worldwide struggle with hunger and malnutrition.

When we needlessly throw good food into landfill, not only do we ignore the struggle of those fighting against hunger but we often overlook the environmental implications. When food rots in landfill, it gives off a greenhouse gas called methane. This methane is 25 times more potent a greenhouse gas than the carbon pollution from car exhaust fumes.

When we throw away food, we also waste the huge amounts of resources that were involved in getting the food from “field to fork”. This includes the energy, water and packaging used in production, processing, storage, refrigeration, transportation and cooking.

Of course, not all wasted food is fit for consumption. But tens of millions of tonnes of safe edible fresh food and groceries are discarded every year due to changed labelling regulations, end of season excess stock, production line changeover items, outdated packaging, discontinued product, as well as slight label or weight inaccuracies.

For food that does need to be discarded, landfill is not the only option. There are many more sustainable means of dealing with food waste such as conversion into animal feed, fertiliser and bio-fuel.

全球趨勢

據統計，每年全球有 13 億噸糧食遭到損失或被浪費，佔生產食糧的三分之一。同時，接近一億人正在挨餓或營養不良。

當我們隨意把原好的食物丟棄，我們無視的不僅是那些正在挨餓的人，也忽略了我們對環境造成的影響。食物在堆田區分解的過程中會釋出大量甲烷，這氣體為環境帶來的毒害比二氧化碳要高 25 倍。

我們丟棄食物，也在浪費大量被投入到生產過程的資源，這包括能源、水、包裝材料、以及在生產、加工、儲藏、冷藏、交通和烹煮過程中用到的資源。

當然，不是所有被棄掉的食物都適合食用，但事實上，每年成上千萬噸新鮮而適宜食用的食物的確因種種理由被棄掉到堆田區，這些理由包括：更改標籤、庫存過剩、變換生產線、包裝過時、停產、標籤或容量資料錯誤。

堆田區並不是處理剩食的唯一途徑，還有更多具可持續性的方法，例如把剩食轉化為飼料、肥料和生物燃料。

Did you know?

Developed and developing countries actually waste about the same amount of food (670 and 630 million tonnes, respectively). The difference is at what level in the food supply chain the waste occurs. In developed countries, the highest volume of waste is at the retail and consumer level; in developing countries it occurs mostly at the post-harvest and processing level due to limitations in transit, storage and processing.

你知道嗎？

已發展和發展中國家所浪費的食物總量其實不相百仲(分別為 670 及 630 噸剩食)，兩者的差異在於食物浪費發生在生產鏈中的那個過程。在已發展國家，食物浪費主要發生在零售和消費環節；在發展中國家，由於交通、儲存和加工裝置的限制，大部分食物在收成後及加工過程中被浪費得最多。

The Case of Hong Kong

剩食在香港

Hong Kong is a city that loves to eat. Unfortunately, we're also a city prone to waste. Over 3,400 tonnes of food waste is produced in Hong Kong each day, with one-third of it coming from households and the rest from the food industry. The vast majority of food waste ends up in the three landfills which are expected to be full by 2020. This poses a severe burden on the city's land and the local environment.

In urban climates such as Hong Kong, emissions from decomposing food have a serious negative impact on air quality. In addition to producing wastewater, as food rots in landfill, it releases significant quantities of methane and carbon dioxide – greenhouse gases that capture and retain heat in the atmosphere.

By reducing the amount of food waste being sent to landfill, we cannot only extend landfill capacity but reduce the severe burden on Hong Kong's already stressed

environment. There is a long way to go but [plans](#) are underway to extend organic waste treatment facilities and encourage food waste reduction and source separation with businesses and consumers.

香港是個美食之都，但也是一個浪費的城市。每天，3400 噸食物被棄掉，其中三分之一來自家居，其餘的來自食品行業。這些剩食大部分被棄掉到三個預計在 2020 年將會飽和的堆填區。

How serious is Hong Kong's food waste problem compared with neighbouring cities?

與其他鄰近城市相比，香港的剩食問題有多嚴重？

Hong Kong has a comparatively large food waste load compared to neighbouring cities at a similar level of development such as Taipei and Seoul, both of which has achieved significant reduction of waste after implementing quantity based waste charging fees.

Source: [HKEPD](#)

相比台北和首爾等鄰近及發展程度相若的城市，香港棄掉的剩食都要多。這兩個城市均有實施垃圾徵費，並因此而成功減少了大量廢物。

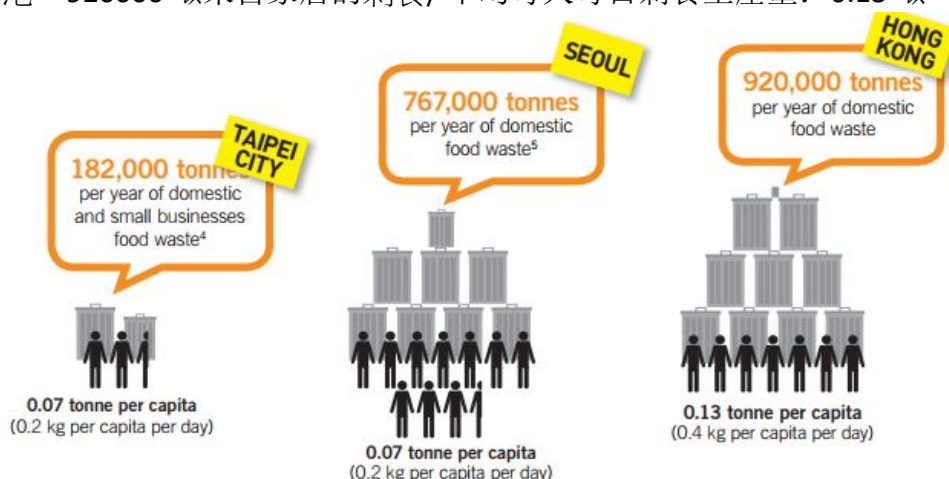
資料來源：[香港環境保護署](#)

台北：

182000 噸來自家居及小型企業的剩食/ 平均每人每日剩食生產量：0.07 噸

首爾：767000 噸來自家居的剩食/ 平均每人每日剩食生產量：0.07 噸

香港：920000 噸來自家居的剩食/ 平均每人每日剩食生產量：0.13 噸



[THE FACT FILE: Essentials stats about food waste (page 4)]

Food waste statistics at a glance

剩食檔案：數據一覽

In Hong Kong:

- Food accounts for a third of all solid waste in Hong Kong
- 3,400 tonnes of food are sent to landfill every day
- 70% of food waste comes from households, 30% from companies and industries
- The remaining capacities of Hong Kong's three landfills in Tuen Mun, Tseung Kwan O and Ta Kwu Ling will be exhausted in 2020
- Total economic loss from surplus food in Hong Kong amounts to approximately \$61 million per year

在香港：

- 食物佔固體垃圾的三分之一
- 3400 噸剩食每天被運送到堆田區
- 七成的剩食來自家具，三成來自食品行業
- 香港的三個堆田區位於屯門、將軍澳及打鼓嶺，預計將在 2020 年飽和
- 剩食每年為香港大約帶來 6100 萬元經濟損失

Globally:

- One-third of the food produced for human consumption is lost, about 1.3 billion tonnes
- Food waste in landfill breaks down producing methane, a greenhouse gas 25 times more damaging to the earth than carbon dioxide
- 10% of developed countries' greenhouse gas emissions come from growing food that is never eaten
- If ranked as a country, food waste would be the third largest greenhouse gas emitters in the world
- If 1/4 of the current global food waste could be saved, it could feed 870 million hungry people in the world

在全球：

- 全球每年製造近 13 億噸剩食，三分之一產出的食物被浪費或遭到損失
- 食物在堆田區分解的過程中會釋出大量甲烷，這氣體為環境帶來的毒害比二氧化碳要高 25 倍
- 剩食製造的溫室氣體佔已發展國家溫室氣體排放量的 10%
- 如果剩食是一個國家，它是全球第三大的溫室氣體排放者
- 如果全球四分之一的剩食被拯救，將可以餵飽 8.7 億挨餓的人

Source:

[Hong Kong Environmental Protection department](#)

[Oxfam Hong Kong](#)

[Food and Agriculture Organization of the United Nations](#)

[Princeton University](#)

[Waste: Uncovering the Global Food Scandal by Tristram Stuart](#)

資料來源:

[香港環境保護署](#)

[香港樂施會](#)

[聯合國糧食及農業組織](#)

[普林斯頓大學](#)

[Waste: Uncovering the Global Food Scandal by Tristram Stuart](#)

[HUNGER 101 (page 5)]

飢餓 101

Hunger is a profoundly complex issue that touches every community, country and region in the world. But what exactly does it mean to suffer from hunger and what do we mean by the related terms of undernutrition, malnutrition, starvation and food insecurity?

Hunger is the term that describes a physical sensation, the feeling that the body is running low on energy and needs something to eat.

Undernutrition is a quantitative term that refers to not getting enough to eat.

Malnutrition meanwhile is qualitative and describes when a person's diet is lacking the necessary amounts of elements essential to growth, such as vitamins, salts and proteins. A malnourished person therefore does not necessarily feel hungry. In fact, although most commonly discussed as the result of undernutrition, malnutrition can also stem from overnutrition. An example is the excessive intake of poor-quality food that is calorie-rich but nutrient-poor.

Starvation is a word that is often used to describe people caught in a famine, or a geographically widespread scarcity of food. Starvation is, like hunger, a physical condition and is the most severe form of undernutrition. Prolonged starvation can cause permanent damage to the body and in the worst instances result in death. However, it is important to remember that the highest number of hunger deaths come not from starvation but from nutrition-related sicknesses and diseases.

Food insecurity describes a condition where people do not have physical or economic access to sufficient, safe and nutritious food for a healthy life. The term can be applied to a household, community or country.

Hunger – in all its forms – is the number one risk to human health worldwide. Every year, the death toll exceeds that of AIDS, malaria and tuberculosis combined. This is

a problem that the whole world needs to address, and for Hong Kong people, the place to start is right here, in our own districts and neighbourhoods.

飢餓是個觸及到每個社會、國家及地域的複雜議題。然而，飢餓指的其實是什麼？營養不足、營養不良、餓餓和糧食不足又指什麼呢？

飢餓形容身體缺乏能量，需要進食的感受。

營養不足是個量詞，指身體缺乏營養。

營養不良形容人體缺乏賴以生長的要素，包括：維他命、鹽及蛋白質。營養不良的人不一定會感到肚餓，雖然營養不良一般由營養不足造成，但營養過度也會造成同一狀況，例如身體吸收過量低質、缺乏營養但含高熱量的食物。

饑餓一詞通常用來形容人們處於飢荒或地域性糧食不足的狀況。跟飢餓一樣，這一詞形容身體的狀態，指的是最極端的營養不足。長期經歷營養不足會對身體造成傷害甚至導致死亡。然而，我們必須記得，營養不良相關疾病引發的死亡比飢餓直接造成的死亡還要多。

糧食不足形容人們缺乏實際或經濟條件取得足夠的安全而營養的食物。這詞可以用來形容家庭、社群及國家。

無論是那一類型的飢餓，飢餓依然是全球第一健康危機。每年，它所造成的死亡比愛滋病、瘧疾和結核病加起來所導致的死亡還要多。這是一個全世界需要正視的問題，而對於香港人，我們應該由自己的鄰舍和社區開始。

What are the causes of hunger?

Poverty is most often the principal cause of hunger. But it is by no means the only one. Natural disasters, conflict, poor agricultural infrastructure, and a lack of access to the marketplace are other contributing factors. Economic crises and volatile food prices also place people at an increased risk of hunger.

For more information, [check out this informative website](#).

飢餓的成因是什麼？

貧窮是飢餓的主要成因，但絕對不是唯一。自然災害、戰爭、缺乏良好基建和市場等也是關鍵因素。經濟危機也會導致糧食價格不穩，增加飢餓的可能性。更多資訊，[請看這個網頁](#)。

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Hunger & Poverty in Hong Kong

In affluent Hong Kong, it is easy to think of hunger as a problem that exists elsewhere; a problem of countries struggling with famine, warfare or abject poverty. But hunger is much closer to home than most people think: more than 1.5 million people in our city suffer from food insecurity.

With inflation and rising cost of living, the wealth gap in Hong Kong has also dramatically widened over the past years. According to a recent study, the richest 10% of the population earn 44 times more than the poorest 10% of the city. Almost one million people live under the poverty line and struggle to have three nutritious meals a day. These people include children, seniors and working families, refugees, migrant workers and the unemployed. They live in our communities. They work around us. They share many of the same interests and goals that we do.

The fact file: essential stats about hunger and poverty in Hong Kong

- 19.6% of the people in Hong Kong live in poverty
- The poverty line for single-person household is \$3800
- The minimum wage is \$32.5/hour
- Hong Kong ranks number one in income inequality among developed economies
- 199,000 people live in subdivided housing such as caged homes and rooftops, 37% of them do not have an independent kitchen
- 1 in 3 senior struggle to meet three nutritious meals a day, while 1 in 6 children from low-income family has experienced hunger

香港的飢餓和貧窮問題

在富裕的香港，我們很容易會想「飢餓」只發生在其它地方—那些遭遇飢荒、戰爭和赤貧的國家。然而，飢餓就發生在我們週圍：超過 150 萬人在我們的城市正在經歷糧食不足。

在通脹和物價上升下，香港貧富懸殊越來越嚴重。根據近期調查，香港最富裕的 10%人口比最貧窮的 10%人口所獲得的收入要高 44 倍。同時，接近 100 萬人活在貧窮綫下，為得到營養的三餐而奮鬥。這些人包括：兒童、長者、在職家庭、難民、外地勞工和失業者。他們生活在我們的社區，在我們的周圍工作，跟我們分享很多一樣的興趣和目標。

知識檔案：有關香港飢餓和貧窮的基本數據

- 19.6% 的香港人口生活在貧窮之中
- 一人住戶的貧窮綫為 3800 元

- 最低工資為每小時 32.5 元
- 香港是收入差距最大的發達經濟體
- 199,000 人住在劏房，包括籠屋、天台屋等，其中 37% 的人沒有獨立廚房
- 三個長者之中有一人每天缺乏營養的三餐，六個來自低收入家庭的兒童中有一人曾經歷飢餓

[FOOD BANKING 101 (page 7-8)]

Food banking is about ensuring good food does not go to waste but is instead safely and efficiently redistributed to those in need. So, instead of buying food, a food bank will work closely with the local food industry to “rescue” excess food and ensure it is not unnecessarily sent to landfill. Like any for-profit food organisation, food banks take great care to ensure they only distribute food of the highest standard.

Food banking is also about working efficiently at scale. In the normal course of business farmers, manufacturers, distributors and retailers produce or obtain excess food that they cannot sell. Often this food is in large volumes and if it is to be rescued, it must be done so quickly.

Most charities do not have the transportation, space or manpower to collect, sort and store a pallet or truckload of donated food but a food bank is specifically set up to do just this. It is able to “bank” large quantities of excess food in a centralised warehouse, and with help from volunteers, sort, pack and re-distribute it through a network of partner charities.

With thousands of food banks on every continent, there are many different models but these are some of the key elements shared by food banks around the world.

食物銀行 101

食物銀行的工作是確保質量完好的食物不要被浪費，而是被轉送給有需要的人。食物銀行並不購買食物，而是與食品行業合作拯救過剩的食物，讓它們不要白白被送去堆填區。跟其他牟利機構一樣，食物銀行非常注重食物品質，確保轉送出去的食物達到最高標準。

食物銀行是要工作得更具規模及更有效率。在一般商業過程中，農夫、食品製造商、分銷商及零售商會因生產或獲取多餘的食物而出現不能售出的情況。通常這些食物的量是大的，如果要拯救它們，就要立時處理。

大部分慈善機構並沒有交通工具、空間和人手去收集，分類和儲存以版或貨箱計的捐贈食物，但食物銀行是特別設計來擔任這工作的。它可以中央儲存大量過剩的食物，並在義工們的幫助之下，把食物分類，包裝和轉送到多間慈善機構。

在世界不同角落可找到上千間的食物銀行佈滿，它們以不同模式運作，但也擁有很多相似的元素。

What is a food bank?

A food bank is a charitable organisation that collects, sorts, stores and distributes donated food within a community. Traditionally, a food bank does not distribute food directly to those in need. Instead, it serves a network of local charities, who in turn feed the hungry. The world's first food bank was the St. Mary's Food Bank Alliance, which was established in 1967 in Arizona, U.S.A.

食物銀行是什麼？

食物銀行是一間專責收集食物捐贈，並把它們分類，儲藏和轉送給社區有需要的人的慈善機構。傳統來說，食物銀行並不會把食物直接送給有需要的人，而是透過社區裏的慈善機構網絡，把食物轉送出去。位於美國亞利桑那州，創辦於 1967 年的聖瑪莉食物銀行是全世界第一間食物銀行。

The Feeding Hong Kong model

Feeding Hong Kong serves as the link between food companies with surplus, and charities with need. We are Hong Kong's sole accredited member of the [Global Food Banking Network](#), an international organisation dedicated to creating and strengthening food banks and national food bank networks.

Every day, we rescue surplus food that would otherwise be thrown away. We collect surplus nutritious food donated by manufacturers, growers, processors, distributors and retailers, and redistribute it to a network of charity partners, who in turn provide food to those most in need in Hong Kong.

Each of our charity partners is a registered Hong Kong charity with a focus on providing food support to those in need in their local community. Our particular focus is on small and medium sized NGOs. They include senior centres, crisis shelters, central kitchens, after school programmes, community food banks and other non-profit programmes that provide food to those in need.

By supporting existing grassroots feeding programmes, we make efficient use of established distribution channels and can focus our own resources on the highest standards in food collection, storage and transportation.

樂餉社模式

樂餉社是食品公司和慈善機構之間的橋梁，把剩食轉送給有需要的人。我們是香港唯一受國際食物銀行網絡 (Global FoodBanking Network) 認可的會員。此組織致力在全球建立食物銀行，並加強他們的運作。

我們每天拯救原本要被棄掉的剩食。我們從農場、食物加工廠、分銷商和零售商收集剩食，並把它們轉送給我們網絡內的慈善機構夥伴，讓他們把食物分發給有需要的人。

我們的慈善機構夥伴全都是本地註冊的慈善機構，而且均有提供食物援助計劃。我們的重點是支持中小型的慈善機構，包括：老人中心、庇護中心、中央廚房、課后項目、社區食物銀行及其他為有需要人士提供食物援助的非牟利機構。

通過支持這些基層食物援助計劃，我們可以更有效地利用現有的網絡，並集中更多資源來提升食物收集，儲藏和物流等工作。

Where does the food come from?

Generous partners in the food industry donate their excess stocks to us free of charge. The food is still safe and fit to eat but during the normal course of business has lost its commercial value or no longer meets their requirements. Reasons for donation may include short shelf life, approaching sell-by date, labelling error, discontinued brand, surplus inventory, minor recipe variation or damaged external packing.

食物來自哪裏？

來自食物業界的公司慷慨地把過剩的食物免費捐贈給我們。這些食物質量良好，可安全食用，但在商業過程中失去了出售的價值或達不到特定標準。其中的理由包括：包質期較短，接近銷售期限，標籤錯誤，停產，庫存過剩，配方微調或包裝損毀等。

What is Food Rescue?

Food rescue takes excess food and delivers it to charities that feed the hungry. Soup kitchens, youth centres, senior centres, shelters and pantries all benefit from the generosity of the stores, restaurants, cafeterias, and hotels that donate.

什麼是食物拯救？

食物拯救指的是把過剩的食物收集起來，並把它們送到有提供食物援助服務的慈善機構。中央廚房、青少年中心、老人中心、庇護中心等機構均從食物店鋪、餐廳、食堂和酒店獲得食物捐贈。

[6 MYTHS ABOUT FOOD WASTE & HUNGER (Page 9)]

六個關於剩食及貧窮的迷思

1. Food is only safe to eat before their best-before dates.

Do you know the difference between best-before dates, sell-by dates, and used-by dates? In fact used-by dates are the only numbers which customers need to pay attention to. Reserved for highly perishable food like meat and seafood, used-by dates tell you at which point the food is dangerous to eat. All other dates, are guesses made by food companies as to when the food will be past its best. They are marker of quality rather than safety.

未過最佳食用日期的食物才適宜食用。

你知道最佳食用日期、銷售期及使用日期的分別嗎？在這幾種日期之中，消費者需要留意的其實只有使用期限。這日期說明食品到什麼時候是適宜安全食用的，通常用於保質期較短的食物，例如肉類和海鮮等。其它包裝上的日期按食品公司的估計而定，他們說明的是食物品質，而不是食物安全性。

2. Food will decompose after I dump it.

Most people think food will disintegrate into the ground after they are sent to landfills. The fact is they need soil, enzymes and microorganisms to decompose. At the landfills, food waste decompose anaerobically (without air), and this releases methane which is 25 times more potent than carbon dioxide. The only way to prevent methane from getting released into the atmosphere and transforming it into clean energy, is by locking it in a biogas system, e.g. a biogas plant.

食物被棄掉之後會自然分解。

大部分人認為被棄掉在堆填區的食物會自然分解。事實上，食物還需要泥土、酶和微生物來進行分解。在堆填區，剩食會進行絕氧分解，過程中會釋出大量甲烷，這氣體為環境帶來的毒害比二氧化碳要高 25 倍。避免甲烷排放到大氣之中並轉化為清潔能源只有一個方法，就是把它們封閉式的沼氣系統，例如生物沼氣製造廠。

3. Food companies throw away their food because they are no longer good to eat.

Many times, food companies have to throw away their food because of excess stock. These food is still safe and fit to eat but during the normal course of business has lost its commercial value and no longer meets their requirements. Some of the reasons include: short shelf life, approaching sell-by date, labelling error, discontinued brand, surplus inventory, minor recipe variation or damaged external packing.

食品公司把食物丟棄是因為它們不再適宜食用。

很多時候，食品公司因為庫存過多而要把多餘的食物丟棄。這些食物的質量完好，適合安全食用，只是在業務過程中失去了商業價值或未能達到特定的標準。其中的理由包括：包質期較短，接近銷售期限，標籤錯誤，停產，庫存過剩，配方微調或包裝損毀等。

4. Food waste is only a problem for the developed world.

Food is lost throughout the production process in both the developed and developing world. In developing countries, food losses occur mostly in the production chain due to problems such as poor storage, lack of processing or transportation facilities. In industrialised countries, more food is wasted in the market due to problems such as overproduction and shopping habits of affluent consumer who have “throw-away mindsets”.

剩食只是以發展國家面對的問題。

無論是以發展國家或是發展中國家，食物在生產過程中均被浪費或遭到損失。在發展中國家，導致食物浪費的主要為缺乏良善的儲存和加工設備，以及交通配套。在已發展國家，較多食物在市場上被浪費，這是由於富裕國家的人通常有生產過剩和過度消費的習慣。

5. We need to produce more food to end global hunger.

There is enough food to nourish everyone for a healthy life today. According to the Food and Agriculture Organisation of the United Nations, with the amount of food we produce at present, it is enough to feed the world's 870 million hungry people four times over. What is needed is a more efficient, sustainable and fair way in distributing food, especially to the most vulnerable groups.

我們需要生產更多食物來解決全球飢餓問題。

我們擁有足夠食物來確保全球人口可以健康成長。根據聯合國糧食及農業組織，現時全球生產的食物足以餵飽世界上正在挨餓的 8.7 億人口。我們需要的是更有效並符合可持續發展和公平原則的食物分配系統，以保障對弱勢社群的需要。

6. Most of the world's hungry live in Africa.

Over half of the world's 870 million hungry people live in Asia and the Pacific. Hunger is also a relevant issue in developed countries like the United States, where 50 million Americans are food insecure.

大部分挨餓的人生活在非洲。

在 8.7 億挨餓的全球人口之中，超過半成居住在亞洲和太平洋地區。飢餓甚至在已發展的國家，例如美國就有 5 千萬人經歷糧食不足。

Source:

[Food and Agriculture Organisation of the United Nations](#)

資料來源:

[聯合國糧食及農業組織](#)

[JUST EAT IT QUIZ (page 10)]

Are you a waster? Take the quiz.

小測驗：你是個大嘍鬼嗎？

1. Did you eat leftovers in the last two weeks?
 - A. Yes (3)
 - B. No (1)
2. Would you buy a banana with brown spots?
 - A. Yes (3)
 - B. No (1)
 - C. Maybe (2)

3. You can't finish a meal at a restaurant. What do you do?
 - A. Leave it on the plate (1)
 - B. Ask for a doggy bag (3)
 - C. Force someone else at my table to finish it (2)
4. You find a can of soup in the pantry that is 2 months passed its best before date. What do you do?
 - A. Eat it (3)
 - B. Throw it out (0)
 - C. Feed it to the dog (1)
 - D. Compost it (2)
5. Do you compost your food scraps?
 - A. Yes (3)
 - B. No (1)
6. What temperature is your fridge?
 - A. <1 Degree Celsius (1)
 - B. 1-5 Degree Celsius (3)
 - C. >5 Degree Celsius (1)
 - D. I don't know (0)
7. How do you serve dinner at your house? (Family Style where everyone serves their own plates from central pots/dishes OR Plated where the host puts the food on each plate)
 - A. Plated (1)
 - B. Family Style (3)
8. Do you know somewhere in your neighbourhood where you can buy food that has been marked down (eg. a shelf with discounted ripe produce or damaged packages)?
 - A. Yes, and I buy that imperfect food all the time (3)
 - B. Yes, but I wouldn't buy it (1)
 - C. No (0)
9. Does the grocery store you shop most at have a food recovery program (where they donate excess food)?
 - A. Yes (3)
 - B. No (1)
 - C. I don't know (0)

Score	Your result
22-27	Food Rescue Rock star
16-21	Above Average
8-15	Moderately Mindful
0-7	Total Waster

Link: <http://www.foodwastemovie.com/quiz-js/>

小測驗：你是個大嘍鬼嗎？

1. 在過去兩周，你有把吃剩的菜吃光嗎？
 - A. 有 (3)
 - B. 沒有 (1)

2. 你會購買有黑點的香蕉嗎？
 - A. 會 (3)
 - B. 不會 (1)
 - C. 可能會 (2)

3. 如果你在餐廳不能把食物吃光，你會怎麼做？
 - A. 把它留在碟上 (1)
 - B. 打包 (3)
 - C. 叫同桌的人把剩下的食物吃掉 (2)

4. 你在廚房發現有一罐已經過了最佳食用日期兩個月的湯，你會怎麼做？
 - A. 把它吃掉 (3)
 - B. 把它丟棄 (0)
 - C. 拿去喂狗 (1)
 - D. 用來堆肥 (2)

5. 你會把食物渣滓用來堆肥嗎？
 - A. 會 (3)
 - B. 不會 (1)

6. 你的雪柜溫度是多少？
 - A. <1 度 (1)
 - B. 1-5 度 (3)
 - C. > 5 度 (1)
 - D. 不知道 (0)

7. 你的家怎麼準備晚餐？（把餸菜放在桌子上分來吃，或是把食物直接分到各人碟上？）
 - A. 把食物直接分到各人碟上 (1)
 - B. 把餸菜放在桌子上分來吃 (3)

8. 你知道在你居住的社區裏有地方購買食物次貨（如：打折的熟透食物、包裝損毀的食物）嗎？
 - A. 有，我會在那裏購買次貨
 - B. 有，我不會在那裏購買次貨
 - C. 沒有 (0)

9. 在你平時購買食物的地方有提供食物回收計劃（捐贈剩餘食物）嗎？
 - A. 有 (3)
 - B. 沒有 (1)

C. 不知道 (0)

分數	你的成績
22-27	食物拯救英雄
16-21	良好
8-15	普通
0-7	大嘍鬼

Link: <http://www.foodwastemovie.com/quiz-js/>

[ACTIVITIES FOR SCHOOL (PAGE 11)]

What can you do to reduce food waste in your school and beyond?

We all have a role to play in fighting hunger and reducing food waste. Here are some activities designed to help you get your schools involved in bringing positive changes to your communities.

Fundraise

Collect donations from your friends, families and community to help fund the work of Feeding Hong Kong. Your financial support enable us to achieve our mission in fighting hunger and reducing food waste.

Host a food drive

A food drive is a great way to collect nutritious food to those in need, while raising awareness on food waste and hunger in your community. Engage your school to collect surplus food and deliver it to us.

Volunteer

Sign up as volunteers to help us collect surplus bread from bakeries on every Tuesday and Thursday evenings.

Set up a Feeding Hong Kong Club

Set up a Feeding Hong Kong Club at your school and organise activities to raise awareness on food waste and hunger.

Spread the word

Share what you have learned about food waste and hunger with your school and community. There are many ways to do this, from writing a blog, sharing resources on social media, to organising an exhibition or campaign.

學校活動：怎樣在學校及學校以外減少食物浪費？

我們都有責任對抗飢餓及減少食物浪費。以下是一些為學校設計的活動，為了讓學校把正面的影響帶到社區。

籌款

向你的朋友、家人和社區收集捐款來支持樂餉社的工作。你的捐款有助我們達到對抗貧窮和減少食物浪費的目標。

食物募捐

食物募捐讓我們可以得到額外的食物捐款，讓有需要的人得到有營養的食物。通過舉辦食物募捐活動，收集食物並運送給我們，也有助提高社區對剩食和飢餓議題的認識。

義工

登記成為樂餉社的義工，幫助我們在星期二和四晚上到麵包店收集過剩的麵包。

在學校成立一個樂餉社興趣組

在學校成立一個樂餉社興趣組，舉辦有關活動以提高同學對食物浪費和飢餓的認識。

分享訊息

在你的學校和社區分享你學習到關於剩食和飢餓的知識。你有很多方法可以分享訊息，例如寫網誌、在社交媒體分享資訊、舉辦展覽和有關活動等。

[ACTIVITIES FOR CHILDREN (Page 12-13)]

Task 1: Map your ingredients

Hong Kong imports over 90% of its food from all corners of the world. Do you know where does the food you eat at home come from? Explore your cupboards, freezer, shelves and anywhere else you store food. Try to include at least 20 foods and find out their origins. Record your findings on the table below.

Food Item	Type	Origin	Expiry/Use-by date	Best Before
e.g. Tomatoes	Tinned	Spain	30/03/17	12/01/17
1.				
2.				
3.				

學生活動：剩食大搜查

活動一：找尋食物材料

香港九成以上的食物由外地入口，它們來自世界不同角落。你知道你家裏的食物從哪裏來嗎？打開櫥櫃、冰箱或其他儲存食物的地方，嘗試找尋起碼 20 件食物，並查看它們的來源地。把你所找到的資料記錄到下面的表格。

食品	種類	來源地	有效日期	最佳食用日期
例子：番茄	罐頭	西班牙	30/03/17	12/01/17
1.				
2.				
3.				

Task 2: Investigate food waste

Once your exploration is complete, compare your findings with your classmates. Any surprises? What food travelled the furthest? Next, look at your best before, expiry and use-by dates. Using our colour code – red for food that has passed its expiry/use-by date, red for food that has passed its best-before dates, yellow for food with less than one week left, green for food with one to two weeks left and blue for two weeks or more – put the information you have collected into a graph. You could create a graph for your entire class by combining your data.

Now it's time to analyse your results:

- How much of your food has passed its expiry date?
- Which food is still good and safe to eat?
- Which food needs to be eaten quickly?

For food that is expiring soon, search for recipes and get creative in making use of your ingredients. You could repeat this activity in a week/month/ year.

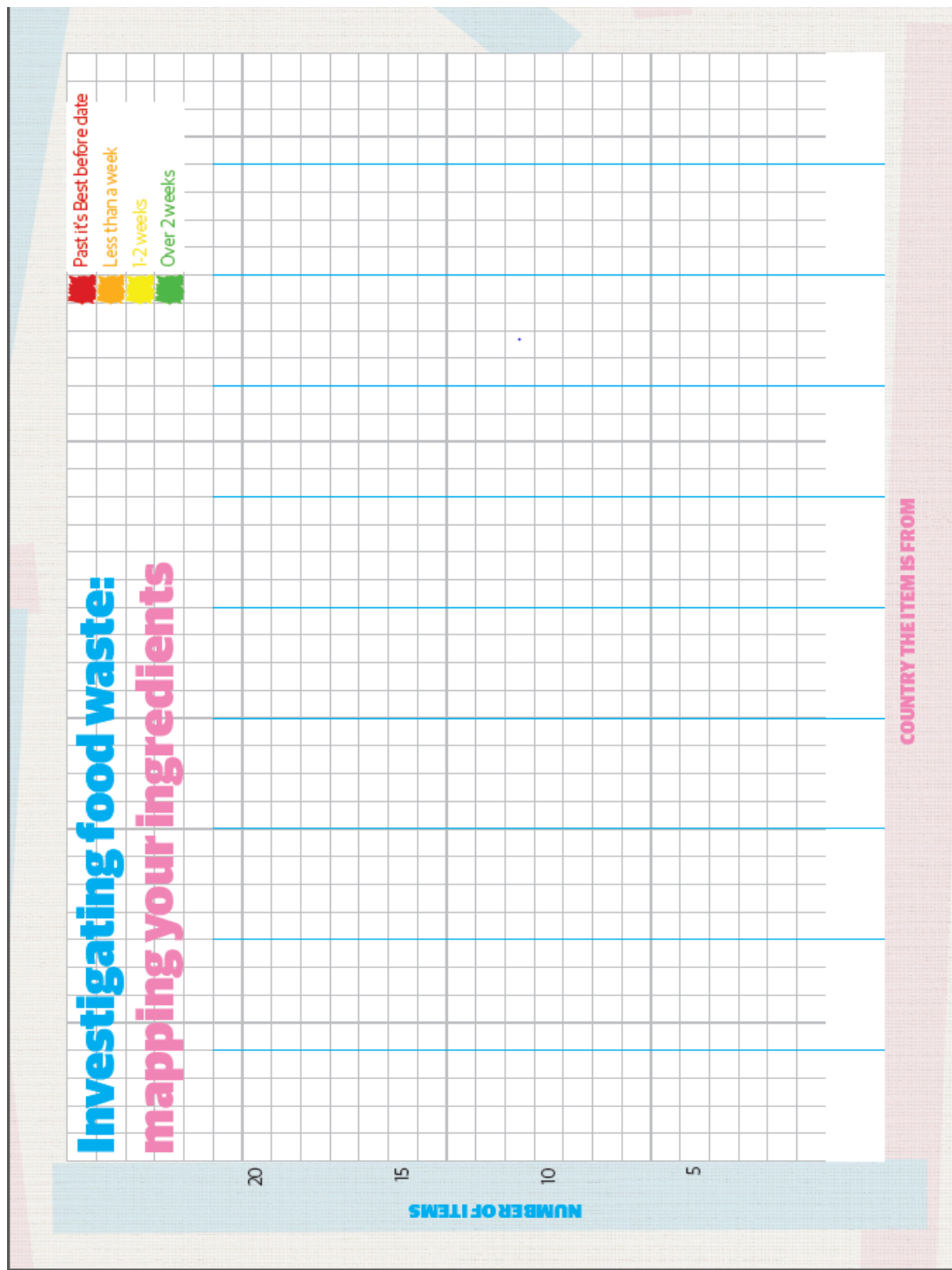
活動二：搜查剩食

完成記錄後，與同學比較一下結果。你感到意外嗎？哪種食物來自最遠的地方？接著，看看食物的最佳食用日期和有效日期。使用以下的顏色註明它們的分別：紅色-已經過了最佳食用日期；黃色-離最佳食用日期少於一星期；綠色-離最佳食用日期還有一至兩星期；藍色-離最佳食用日期還有兩星期以上。把這些資料註明在下面的圖表。你也可以綜合全班的結果，然後把結果記錄在圖表。

現在是時候分析你的結果了：

- 你有多少食物已經過了有效日期？
- 哪種食物還適合安全食用？

- 那種食物需要快點吃掉？
如果你有快要過期的食物，不妨搜尋一下食譜，發揮創意把那些材料好好使用。你可以每星期/月/日重覆做剩食搜查活動。



剩食大搜查：找尋食物材料
 紅色-已經過了最佳食用日期
 黃色-離最佳食用日期少於一星期
 綠色-離最佳食用日期還有一至兩星期
 藍色-離最佳食用日期還有兩星期以上

食品數量
來源地

[RESOURCES (Page 14)]

Feeding Hong Kong resources:

- Introduction to Feeding Hong Kong (powerpoint)
- Essential stats on food waste and hunger in Hong Kong (FHK infographics)
- Photos
- Coloring sheets

External resources:

The Sustainable Goals, UNICEF
www.unicef.org/agenda2030

Food waste food print, FAO
<http://bit.ly/1f9EVcF>

Reduce 10% food waste, The Hong Kong Government Information Services
Department
<http://bit.ly/2uz4Qfj>

A food waste & yard waste plan for Hong Kong
<http://www.enb.gov.hk/en/files/FoodWastePolicyEng.pdf>

Global Foodbanking Network
www.foodbanking.org

Cyber school on poverty, Oxfam(Chinese only)
<http://cyberschool.oxfam.org.hk/resources.php>

《天人合一：惜食》，Radio Television Hong Kong (Chinese only)
<http://bit.ly/2t5F7Hf>

學習資源

樂餉社資源:

- 樂餉社介紹
- 香港剩食及貧窮基本數據
- 照片
- 顏色紙

外部資源:

可持續發展目標,聯合國兒童基金會
www.unicef.org/agenda2030

剩食足印，聯合國糧農組織

<http://bit.ly/1f9EVcF>

減少 10%剩食，香港政府新聞處

<http://bit.ly/2uz4Qfj>

香港廚餘及園林廢物計劃

<http://www.enb.gov.hk/en/files/FoodWastePolicyEng.pdf>

國際食物銀行網絡

www.foodbanking.org

樂施會網上校園：關於貧窮

<http://cyberschool.oxfam.org.hk/resources.php>

《天人合一：惜食》，香港電台

<http://bit.ly/2t5F7Hf>

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