

Reduced Waste Food at Home 減少棄置食物，由家做起

Unsustainable amount of waste will fill up our landfills one by one by 2020 if we keep doing nothing. Reduce waste, especially wasted food, at source is crucial as we are living in a society with large population.

香港地少人多，應付每日大量棄置廢物的堆填區將於2020年前相繼飽和，源頭減廢以舒緩堆填設施壓力實在是刻不容緩，廚餘就是一個我們可以著手的地方。



Make a shopping list based on your actual food usage beforehand to avoid overbuying. Check your refrigerator and cupboards. Remember to buy what you need and will use.

採購食材前先看看雪櫃及櫃裡食物存量，根據實際用量設定採購名單，只購買需要和會使用的食材。



Study the best way to store food with whatever container, inside or outside your refrigerator to maximum freshness. Understand difference between "Use-by" and "Best-by".

了解各種食物最妥善的保存器皿及雪藏方法以保持鮮味。另外，了解「此日期前食用」及「最佳食用日期」的分別。

Prepare perishable food soon after you return home. Check your freezer if there's any old ingredients or leftover that you need to use up, you might find a new way for making a new favourite dish, especially those take-home at restaurant.

容易腐壞的食材應回家後立即處理。烹調前可看看冰箱有沒有存起的舊食材，或外出用餐後打包回家的剩餘食物，發揮創意將之化成全新組合美食。

Safe and untouched food could be donated to food bank for those in need. 未開封及未過安全食用期的食物可考慮捐贈予食物銀行，供有需要人士享用。

For those remaining wasted food, don't just throw it away to the landfills. Join the **Food Waste Recycling Programme** later this year to convert wasted food into fertilizers. Stay tuned for further details.

誠意邀請您參與我們於本年稍後推出的**廚餘回收計劃**，將剩下的廚餘收集並處理成有用的肥料，同時能減輕堆填區負荷。更多詳情將於稍後公佈，敬請留意。

Take the 5-Minutes Shower Challenge

參與「沖沖五分鐘」

Save water is easy by simply reducing showering time. Most people can get clean in 5 minutes, any longer is just water down the drain – literally!. Take a little step of practicing the 5-minute shower-wise challenge for a big difference!

縮短淋浴時間就能簡單減少浪費食水。其實大部分人洗澡都只需要5分鐘，其餘時間都只是讓食水白白流走。每人走出一小步就能成就大改變！一起來挑戰5分鐘精明淋浴，為珍惜資源出一分力！

Act now and support the **“5-minute Shower”** Challenge, please scan the QR code for further details.

請即行動一起支持「沖沖五分鐘」活動，請掃瞄QR碼以瀏覽更多詳情。



Go Strawless!

減少使用飲管

Plastics constitutes 90% of all marine debris. Straws are among the top 10 marine debris items. Reduce plastic pollution, save the ocean!

Order your drinks with **“No straw, please!”** at Dining Room and Lobby Lounge, Club Bel-Air.

塑膠佔海洋垃圾9成，而小小一支飲管竟進佔海洋垃圾頭10位。

於貝沙灣灣畔會所及朗峰會所享用飲品時，不妨提出「走飲管」，簡單一個動作，就能保護海洋，減少塑膠污染！

