

綠惜繪本

GREEN ANGEL ALBUM





【綠惜學堂】

是一個多元化的環保教育計劃，透過不同類型的活動：講座、獎勵計劃、工作坊、課堂、聯校比賽及資訊網站等，啟發大家珍惜食物，愛護地球資源；實踐「停止浪費，解決飢餓。」

Green Angel

is a comprehensive school-based education program comprising an Introductory Talk, a Reward Scheme, Workshops, Green Lessons, an Inter-School Contest, as well as an Informative Website. Let's work towards a vision of a more responsible generation to achieve "Waste not, Hunger not".



飯團
Ricey

因地球暖化導致食物短缺而被迫離開北極覓食的北極熊。

This polar bear is a victim of Global Warming and he is forced to leave the North Pole to look for food.



綠惜天使
Green Angel

知識廣博、由稻米轉化而成，喜歡分享惜食心得。

This smart and knowledgeable grain who enjoys sharing his Green Angel Tips on treasuring food.



大衛
David

揀飲擇食的挑吃男孩，餐後常剩下大量食物。

A picky eater who never empties his plates.



綠惜天使話你知 Green Angel Fact

2014年香港每天廚餘高達3,600噸。
In 2014, there are up to 3,600 tons of
food waste per day in Hong Kong.

飯團為了尋找食物來到城市，卻發現人類隨便浪費大量食物。

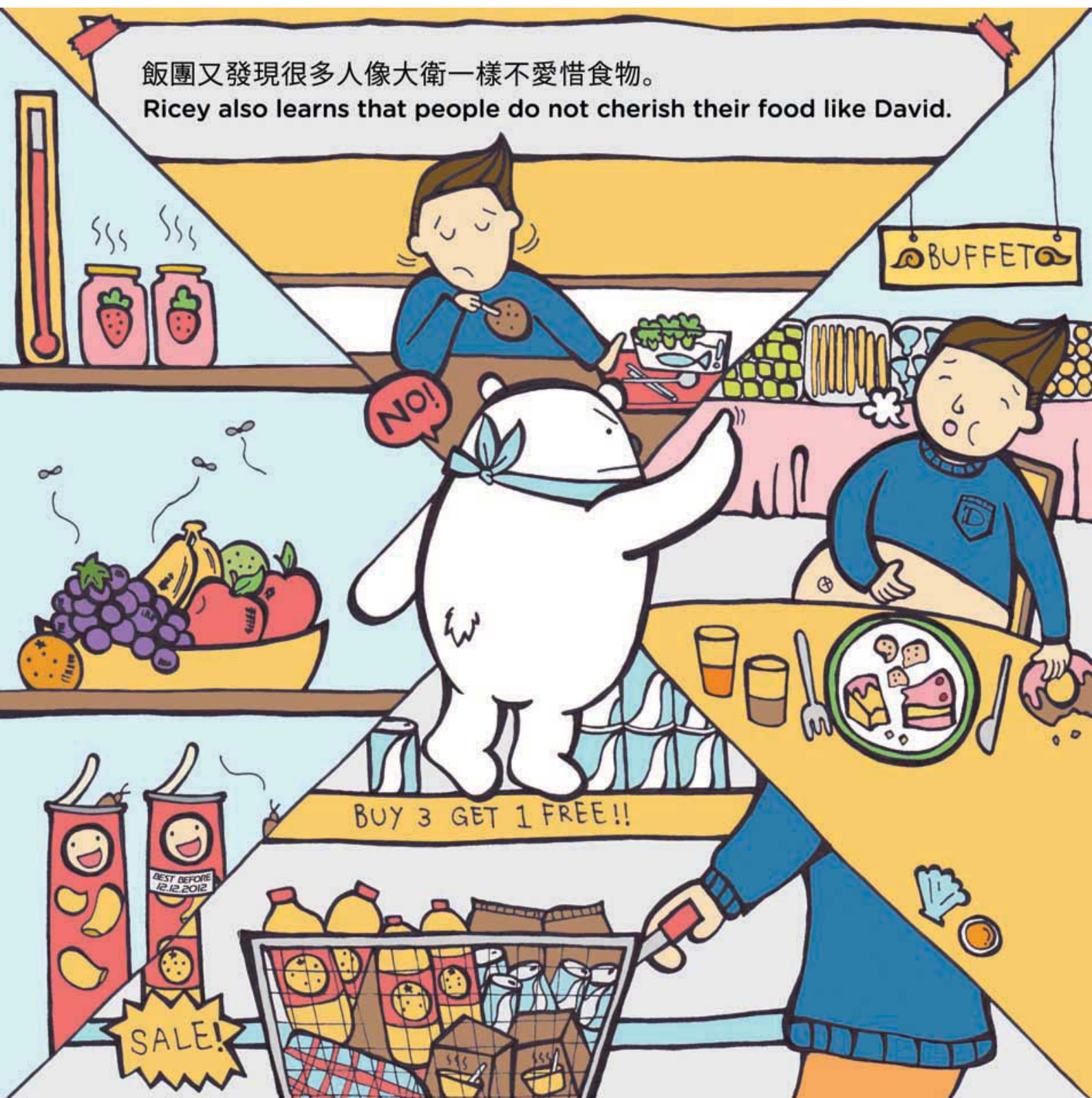
Ricey comes to the city for food but was
sad to see how people waste their food.



大量食物在生產、運輸及售賣時被浪費。
A lot of food is wasted during production,
transportation, and at the food stores.

飯團又發現很多人像大衛一樣不愛惜食物。

Ricey also learns that people do not cherish their food like David.







綠惜天使話你知 Green Angel Fact

堆填區中的廚餘會產生甲烷，一種比二氧化碳對地球損害嚴重25倍的溫室氣體。

Food waste at the landfills produces Methane - a greenhouse gas 25 times more harmful to the Earth than carbon dioxide.

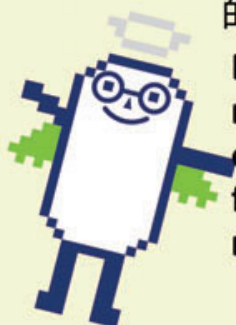
飯團發現浪費食物對環境造成極大的傷害，甚至危害了他同類的生存。

Ricey finds out that food wastage does not only harm the environment but also threatens other polar bears' lives.

為了解事情真相，聰明的飯團在網絡上搜尋了大量關於食物浪費的資料。
Smart Ricey finds out a lot of information about food waste on the internet.



食物生產的過程使用了大量資源，如水和電；所以你丟棄食物的同時，你也浪費了龐大的資源。



Food production uses a lot of resources such as water and electricity, so when you discard food, you actually waste other resources too.



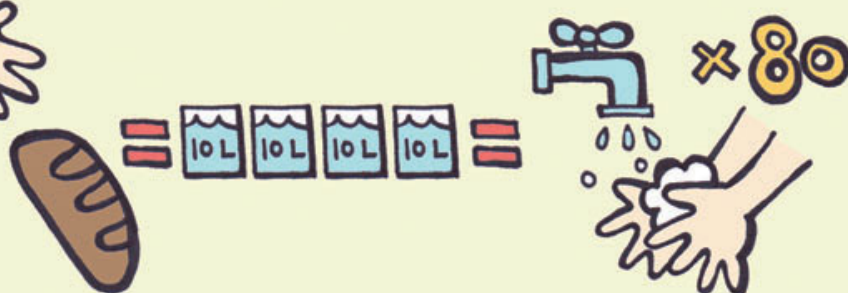
綠惜天使話你知 Green Angel Fact

2013年全球有7億6千8百萬人沒有清潔的食水。

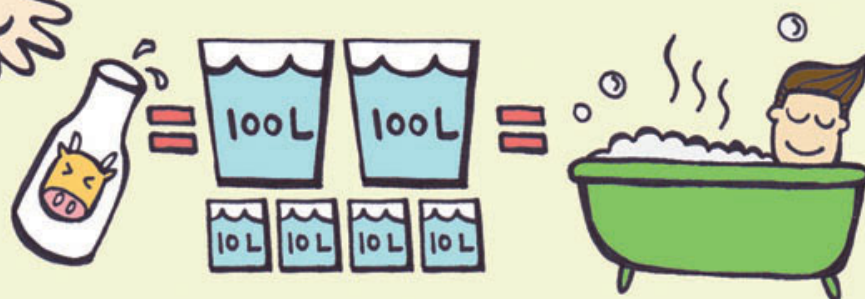
In 2013, 768 million of the global population did not have clean drinking water.



浪費一個蘋果
= 消耗70公升水
= 沖7次廁所
Waste one apple
= Waste 70 liters of water
= Flushing the toilet 7 times



浪費一個麵包
= 消耗40公升水
= 洗80次手
Waste one piece of bread
= Waste 40 liters of water
= Washing your hands 80 times



浪費一瓶牛奶
= 消耗240公升水
= 浸浴一次
Waste one bottle of milk
= Waste 240 liters of water
= Taking one bubble bath



綠惜天使話你知 Green Angel Fact
2014年香港貧窮人口多達130萬。
In 2014, 1.3 million people are living
in poverty in Hong Kong.

與此同時，世界上有很多人得不到溫飽。
At the same time, a lot of people
around the world are living in hunger.

如何救救地球先生?
How can we save Mr. Earth?

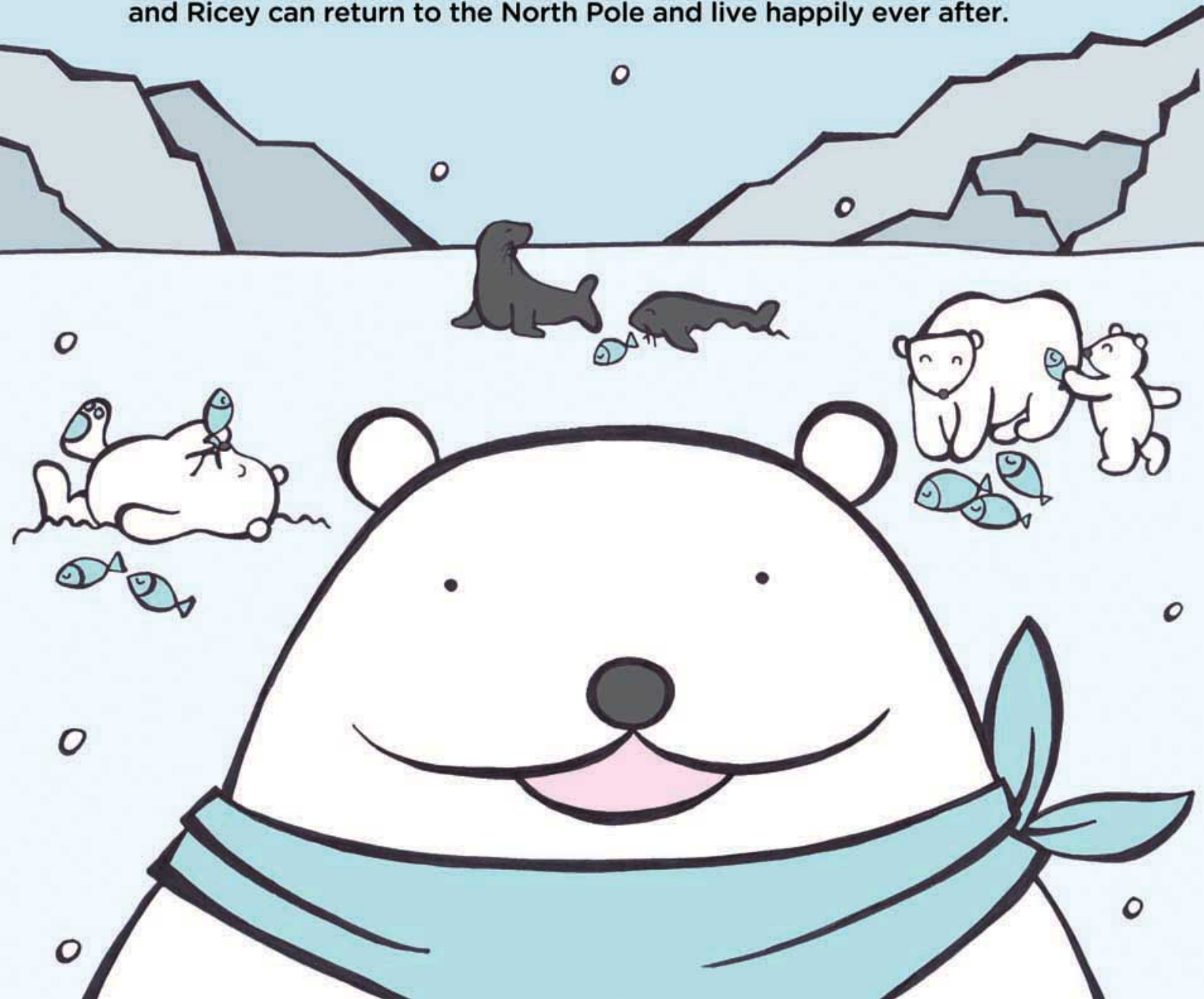




聽了綠惜天使的話後，大衛從今起不再揀飲擇食，他每一餐也把食物吃清。
After listening to Green Angel, David decides not to be picky about his food again; he always finishes his food now.

只要人人都愛惜食物、減少浪費，便可減低對自然環境的破壞，飯團便可重回北極快樂地生活。

If we all cherish our food, we will cause less harm to the environment, and Ricey can return to the North Pole and live happily ever after.



立即行動・成為綠惜
天使小隊長！
Action now and be a
Green Angel Captain!



天天0廚餘

ZERO FOOD WASTE

可避免廚餘

Avoidable Food Waste

解決辦法

Solution

剩食可再成為美食
Turn leftover into yummy dishes

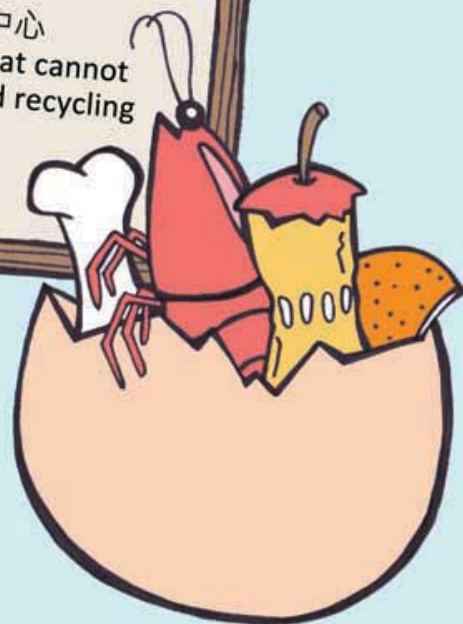
不可避免廚餘

Unavoidable Food Waste

解決辦法

Solution

1. 升級再造
Food Up-cycling
2. 送往廚餘回收中心
Send leftover that cannot be eaten to food recycling center



惜食4R

4R FOR FOOD WASTE



請把正確的惜食4R結連起來！
Please link the 4R!



物盡其用
Make the best use of food



捐食物給有需要人士
Feed the hungry



愛惜食物
Cherish food



按需要消費
Only buy what you need



惜食福爾摩斯

FOODIE SHERLOCK HOLMES



食物管理提示：

Food-Wise Management Tips:

- 檢查食物到期日
Check the expiry dates
- 盡快食用即將過期的食物
Use the food that will be expired soon



惜食食物管理表

Food-Wise Management Timetable

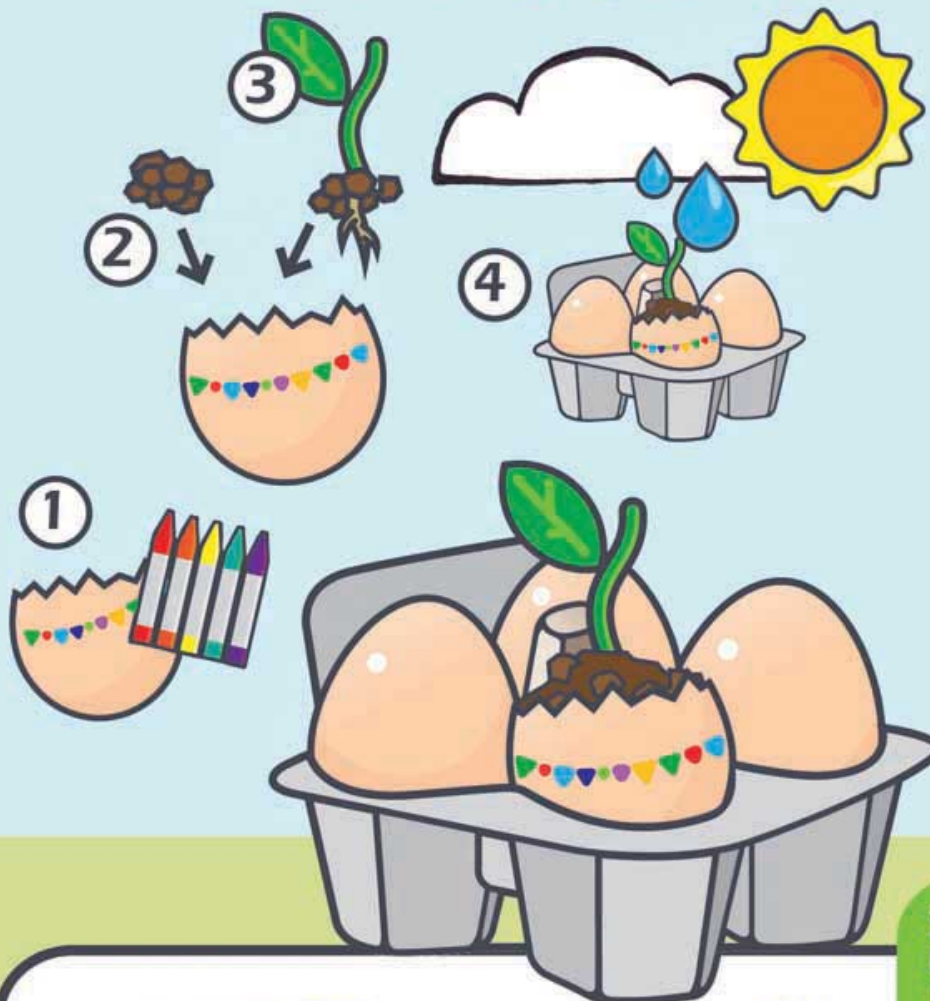
食物名稱 Name of food	狀態 Condition	到期日 Expiry date	行動 Action





食物再生工作坊

DIY FOOD UP-CYCLING



蛋殼盆栽 Eggshell Seedling Pot

材料 Materials

- 蛋殼 Eggshells
- 紙托 Paper holder
- 泥土 Soil
- 小植物 Small plant

工具 Tools

- 顏色筆 Color pencils
- 手工材料 Art materials



蛋殼的其他用途 Other uses of eggshells

- 有機肥料 Eco- fertilizers
- 家居清潔 Home cleaning
- BBQ好拍檔:當作起火的材料 BBQ partner: Use eggshells to start the fire

如果你將四個蛋殼變成有用的物品，即減少浪費10克食物。
If you turn four eggshells into something useful, you are reducing 10g of food waste.

將樽蓋扭實一半，
使空氣可自由出入
Halfly tighten the bottle
cap and let air in



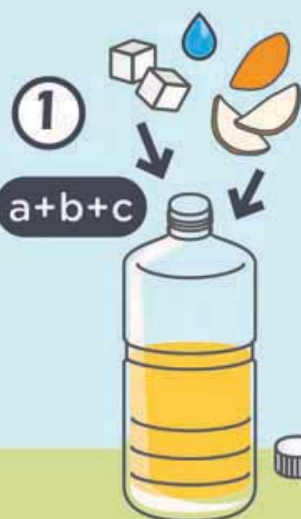
每星期扭開樽蓋
一次讓空氣進入
Open the bottle
cap once a week
to let air in



環保酵素 Eco-enzyme

材料 Materials

- a. 橙皮75克
Orange Peels 75g
- b. 糖 25克
Sugar 25g
- c. 水 250ml
Water 250ml
- d. 扭蓋式膠樽 500ml
Plastic bottle with
cap 500ml



Use after
3 months

3個月後

*輕輕搖勻後才使用
* Gently shake well
before use

用途 Use

- 家居清潔 Home cleaning
- 有機肥料 Eco- fertilizers
- 除臭 Deodorant

如果你將一個橙皮變成環保
酵素，即減少浪費75克食物。
If you turn the peels of an orange
into Eco-enzyme, you are reducing
75g of food waste.



植物拓染

Food Waste Dyes



材料 Materials

- 剩餘新鮮菜莢 Unconsumed fresh vegetables
- 麻布 Linen

工具 Tools

- 木槌子 Wooden hammer
- 軟墊 Soft mat



如果你將10片剩餘菜葉變成有用的染料，即減少浪費150克食物。
If you use 10 pieces of unconsumed vegetables for inscription, you are reducing 150g of food waste.

好處 Advantage

- 植物染料的色素能自然分解，避免污染環境。
Plants pigments decompose naturally.
- 減少廚餘：菜莢由垃圾變成天然染色素。
Reduce food waste by making good use of uneaten vegetables.
- 減少因化學染料導致的皮膚敏感。
Natural dyes can reduce the risk of skin allergies caused by chemicals.

環保肥皂 Eco-Soap

材料 Materials

- a. 二氧化鈉40克
Sodium Hydroxide (NAHO) 40g
- b. 廚油 300克
Recycled cooking oil 300g
- c. 蒸餾水 95克
Distilled water 95g

工具 Tools

- 探熱針 Thermometer
- 不銹鋼碗 Stainless pot
- 打蛋器 Egg-beater
- 肥皂模 Soap mold
- 手套 Gloves



* 製作時必須帶上手套，
避免灼傷。

* Wear gloves to prevent
being burnt by alkaline mixture.

** (a) + (c) 混合時會產生高溫
及刺鼻氣味

** Be careful about the heat and
strong smell when mixing (a) + (c)

好處 / 用途 Advantage / Use

- 環保肥皂可自然分解。
Hand-made Eco-soap decomposes naturally.
- 代替含有化學成份的清潔劑，減少破壞海洋生態。
Protect oceans' ecosystem by reducing the use of
chemical cleaning agents.

如果你將炸一塊魚用過的油變成肥皂，即減少浪費300克食物。

If you make soap with the oil used to
fry a fish fillet, you are reducing 300g
of food waste.



復活果醬

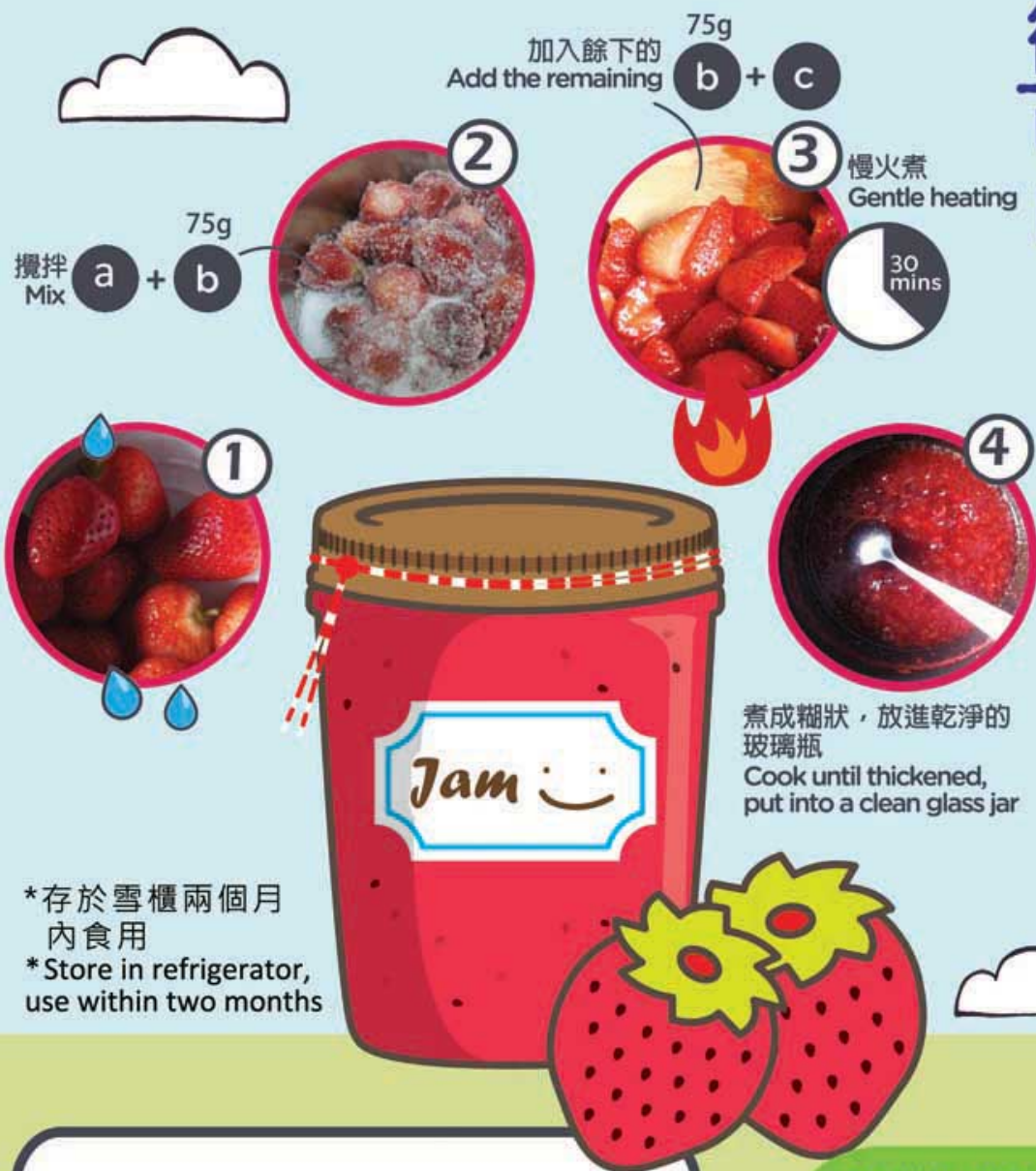
Up-cycled Fruit Jam

食材 Ingredients

- a. 士多啤梨 500 克
Strawberry 500g
- b. 砂糖 150 克
Sugar 150g
- c. 檸檬汁 (半個檸檬)
Lemon Juice (half a lemon)

工具 Tools

- 攪拌機 Blender
- 煲 Pot
- 有蓋玻璃瓶 Glass jar with lid



*存於雪櫃兩個月內食用
*Store in refrigerator, use within two months

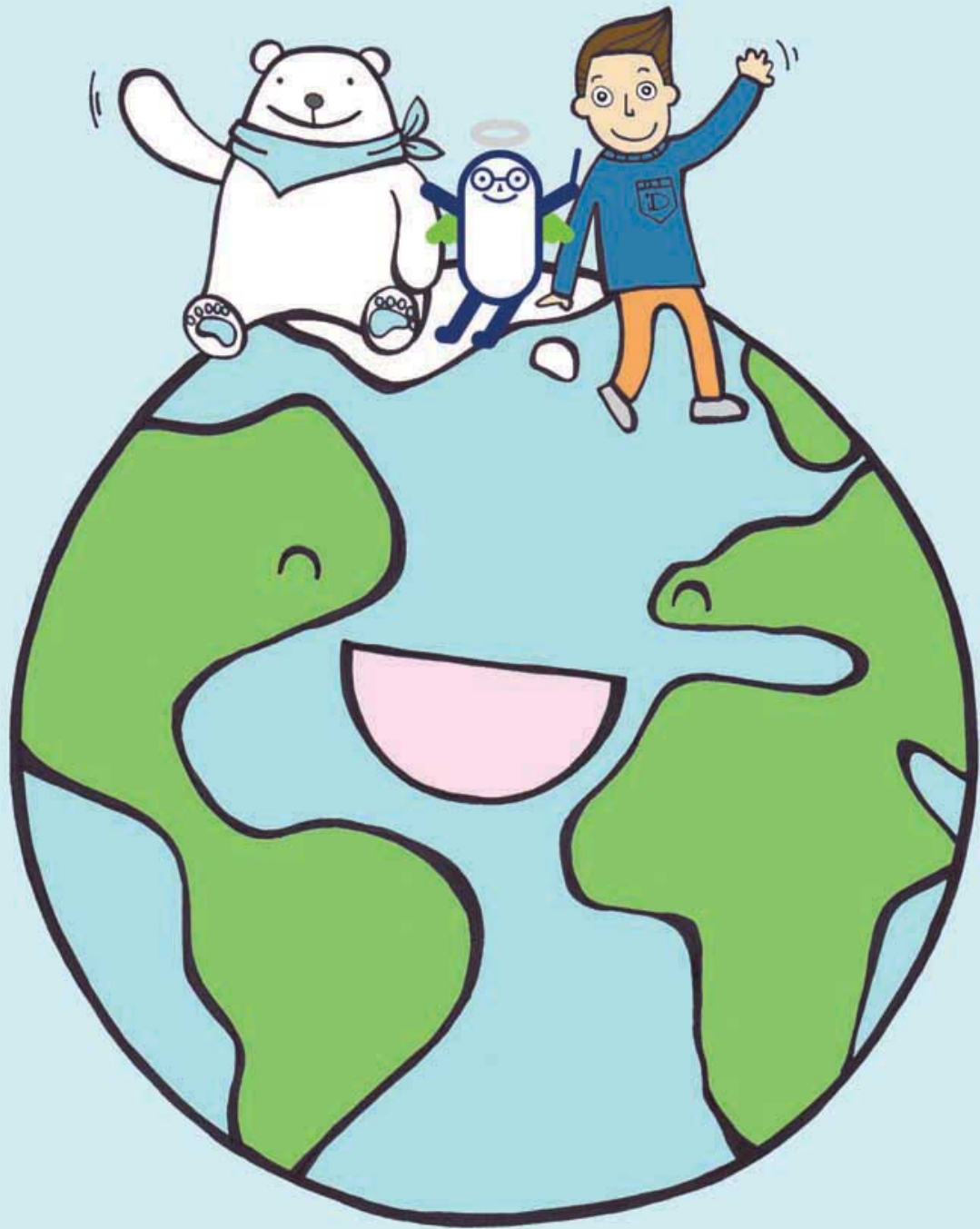
好處 Advantage

延長水果壽命。
Prolong the life span of surplus fruits.

如果你將半盒剩餘的士多啤梨煮成美味的果醬，即減少浪費500克食物。
If you turn half a pack of strawberries into fruit jam, you are reducing 500g food waste.



一起珍惜食物，讓地球先生笑容再現！
Let's cherish our food to save Mr. Earth!







資料來源 Information Source:

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www.bofoundation.org.hk/greenangel
www.foodangel.org.hk

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