

Food  
剩

迎新營

camp

& 千人宴

惜食在中大

LOVE FOOD HATE WASTE

@CUHK

Thousand  
People  
Feast

Serve food in  
suitable portions

Ratio of the 3 meals'  
portion sizes: **3:4:3**  
Eat until you are **70-80%** full

**A** 提供  
適量飯餐  
理想三餐比例 3:4:3  
健康之道 **7-8** 成飽

計劃  
精明菜式 **B**

考慮 食用者的口味  
所需分量  
活動場合

**D** Design  
menus that  
take into account

- ◆ Diners' tastes
- ◆ Ideal portion sizes
- ◆ Suitability for the function

greener  
Go for a diet

- ◆ Skip unnecessary side-dishes and garnishes
- ◆ Don't use disposable utensils

**C** 環保  
飲食文化  
實行 低碳飲食  
減少配菜伴碟  
避免即棄餐具

若有興趣了解更多惜食資訊，可登入  
Visit our webpage for more food waste  
reduction tips

<http://www.cuhk.edu.hk/proj/ffhw/>



Organizer 主辦



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