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Sustainability @ HKBU

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識「碳」惜食迎兔年

Tips for a Low Carbon Chinese New Year

農曆新年是中國人的「大節」，但送舊迎新的傳統習俗、年年有餘的團年飯、送贈過度包裝的賀年禮品等，往往跟浪費結下不解緣。不過，原來只要我們多做一步，一樣可以過一個惜福又環保的農曆新年。

The traditional ways of celebrating the Chinese New Year (CNY) can involve much waste, such as dumping old furniture and clothes, holding banquets with excessive food and buying over-packaged gifts. This year, let's think green and see how we can enjoy an eco-friendly celebration!



辦公室電器放年假

環保新年不妨由辦公室做起。在長假前，請關掉辦公室的燈光、空調、電腦和顯示屏、打印機和影印機等，讓這些電器也一起放個省電年假。別忘了電器的備用狀態也會耗能，而且辦公室內的電器何其多，累積下來便會白白耗掉很多電力。更多辦公室低碳貼士，請參考浸大可持續發展網頁內的「低碳貼士」：<http://www.lowcarbon.hkbu.edu.hk/live/zh/index.php>。

Let the office take a holiday

Before enjoying the long CNY holiday, please turn off all electrical appliances in your office, including the lighting, air-conditioning, computers, printers and photocopiers. Their standby mode also consumes electricity, and with the many electrical appliances in our offices, that can add up to tremendous wastage! For more tips on saving energy in the office, please click on "Low Carbon Tips" of HKBU Sustainability Website: www.lowcarbon.hkbu.edu.hk.



部門齊響應：「惜飲惜食」計劃

傳統上，團年飯要吃得豐足，方才「年年有餘」。但吃不完的佳餚最終會淪為廚餘，造成浪費。據統計，我們每天丟棄的垃圾中，廚餘佔三成以上，這個比例在喜慶節日更高。因此無論在家吃，還是與親友或同事外出用膳，都應該留意團年飯的食物不宜過量。今年，浸大響應環保組織地球之友的「惜飲惜食」計劃，鼓勵各部門於團年或春茗宴會時要量「食」而為，避免預備過量食物，亦希望同事可自備食物容器帶走吃剩的食物，減少浪費。更多參考資料，請瀏覽地球之友新聞稿“惜飲惜食 避免廚餘浪費”：www.foe.org.hk。

Join "Order less, waste less"

Traditionally, we order a great deal of food for CNY banquets to wish for an affluent new year, but this results in much wastage. It is estimated that over 30% of Hong Kong's daily waste comes from our kitchens and dining tables. This figure rockets up during celebrations like CNY. For family dinners, and dinners with colleagues to celebrate the new year, please do it in a green way – order less and waste less. HKBU joined the “Order Less Waste Less – Food Waste Reduction Scheme” advocated by the Friends of the Earth (HK) this year. The scheme is to encourage the department staff to reduce food waste during the 2011 Spring Reception through cutting the number of dishes for each table and packing the leftover home with reusable boxes. For more details, please see press release titled “Order Less Waste Less, Avoid the Wastage of Food” on Friends of the Earth (Hong Kong)'s website: www.foe.org.hk (Chinese version only)

贈物顯關懷：回收舊傢俱和衣物

完好的傢俱和衣物應該繼續使用，至於不再合用的，不妨考慮轉贈或回收。有些政府認可的回收中心和慈善團體，可回收家居用品和傢俱，轉贈給長者。這樣做既能減少浪費，又可以幫助有需要的人。詳情可參考環保署減廢網頁：www.wastereduction.gov.hk。

Recycling old furniture and clothes for needy

The best thing to do, of course, is to continue using old furniture and clothes when we still can, but if that is not possible, please consider recycling or giving them to someone else instead of dumping them. Some centres and NGOs are authorised by the government to recycle used furniture and home appliances, or give them to the elderly in need. That is both eco-friendly and caring. You may visit the waste reduction website of the Environmental Protection Department for more details:

www.wastereduction.gov.hk

環保大掃除

「年廿八洗邋邋」是中國人的過年傳統，一般家庭多數使用化學清潔劑清潔家居，部份清潔劑含有毒化學物，除影響健康外，亦會污染環境；盛載清潔劑的器皿若不被回收，最後亦會變成垃圾，造成廢物問題。其實清潔時，可避免使用化學物料，而選用一些天然素材，例如檸檬可以漂白、小蘇打可以去油除臭。嘉道理農場暨植物園提供了一些環保大掃除的方法：<http://www.climatechange.hk/cht/GreenHome.aspx>

www.climatechange.hk/cht/GreenHome.aspx

Green Spring Cleaning

Spring cleaning is one of the Chinese traditions. Most of the families clean the house thoroughly with detergents on that day. Some of these detergents, however, contain toxic chemicals which cause not only health damage but also environmental problems. The detergent containers will also become solid waste if they are not properly recycled. In fact, there are ways to avoid the use of these chemicals through natural means. For example, lemon can be used for bleaching and baking soda as dirt remover. Kadoorie Farm and Botanical Garden offers some green tips for house cleaning on the following website: <http://www.climatechange.hk/eng/index.aspx>

其他農曆新年的環保貼士：

用舊鈔封利是
重用利是封
重用家中的新年佈置
避免選購過度包裝的賀年禮品

More CNY green tips:

- Use old bank-notes for red-pocket money
- Reuse red-pockets
- Reuse CNY decorations at home
- Avoid buying over-packaged gifts

拯救樹木，列印前三思

Save trees. Think before you print.

