

## 公平貿易 fair trade

我們謹慎採購食材，支持對社會及生態友善的永續生產。

All of our ingredients are sourced with care to assure that they come from community-friendly, eco-friendly and sustainable sources.

## 自己煮，自己作主 everybody can cook

我們深信自己煮食是重掌生活自主權的重要一步。我們的慧食大使，均十分樂意與訪客分享低碳烹飪心得。請瀏覽 [www.greenhub.hk](http://www.greenhub.hk) 查閱慧食教室低碳烹飪班。

The Green Hub community is eager to share our stories, recipes and low-carbon living tips with you. We believe learning how to cook with low-carbon ingredients empowers one to live healthier and more sustainably. Visit our [www.greenhub.hk](http://www.greenhub.hk) for more information of our thematic Eat Well Cookery Courses.



## 慧食堂 Eat Well Canteen

綠匯學苑(舊大埔警署)的慧食堂是一所低碳餐廳，以最低的碳足印提供餐飲服務，並衍生最豐盛的教育、社會和環境貢獻為營運目標。要達成這些理想，當然需要投入心思及努力，但為著個人、親友及人們共同的未來而言，這些努力卻是刻不容緩。

我們深信憑藉用心惜食，人人都能為地球帶來正面貢獻。

We strive to minimise the carbon footprint of all meals we serve, and maximise the educational, social and environmental benefits of all food we consume. This may take a bit more effort but the rewards – for ourselves, our families and our common future – are too big to pass up.

We believe, if we all try to eat mindfully, each one of us can really make a big difference.

營業時間 Opening Hours:

每天 Daily 10:00 - 16:00

(最後點餐時間 Last order: 15:30)



[www.greenhub.hk](http://www.greenhub.hk)

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## 慧食堂 Eat Well Canteen





## 低碳餐廳

就是這樣打造成的...

## Steps for Eating Well

Here are the steps that we have taken to become mindful, low carbon eaters:

### 奉行素食

move away from meat

有鑑於工業式肉類生產是全球暖化及污染的最大元兇之一，捨棄肉食能大幅降減人類的碳排放。綠匯學苑的範圍均為素食區，慧食堂只供應素食。

Green Hub and the Eat Well Canteen are NO-meat zones. Generally, the carbon footprint of a plant-based diet is ten times lower than that of meat-based diet.

### 本地採購

local sourcing

我們盡量採用本地生產的食材，縮減食物里程。

We source our ingredients locally as much as possible to keep the food mileage low.

### 保存收穫

preserve our harvest

我們採用醃製、晒晾、脫水及風乾等方法來保存農產收穫，延長本地農產的賞用期限。

Canning, fermentation and dehydrating are different ways we use to preserve the harvest.

## 順應時令

eat seasonally

我們與本地有機農夫合作，順應時令選用當造食材。你可知道整年供應四季不同的食品，其長途運輸、儲存及溫度環控種植消耗著大量的化石燃料，背負著龐大的碳足印。

We use what's in season, which means that ingredients have not travelled far to get to your plate. The off-season food found in grocery stores is the product of an unsustainable food system – this food is dependent on fossil fuels for growing, long-distance transport, processing and storage.

## 栽種食物

grow some food

慧食堂旁的食材園除了供應我們所需的香草外，還生產了一些新鮮蔬果。從食材園把農產品運到餐桌才不過數米距離呢！

The Kitchen Garden at the Green Hub, next to the Eat well Canteen, supplies all herbs and some of the vegetables we consume – they travel just a few metres from the farm field to your plate.



## 自家製

make our own

我們自製的沾醬和沙拉醬等，除了味道新鮮及不含化學添加劑外，還減免了包裝物料及運輸里程。

We make our own seasoning, pesto, jam, sauce, salad dressing... the list goes on and on. These taste fresher, free of artificial additives, low food mileage, and consume the least packaging materials.

## 節能烹調

cook lightly

採用合適的爐具及節能烹煮方式，把烹調食物所耗能源降至最低。我們亦提供多款生機飲食選擇。

We minimise the energy used for cooking by preparing the ingredients well and using the most appropriate tools. We also serve a variety of raw dishes.

## 零廚餘

minimise waste

我們透過認真管理食材存貨和具創意的烹調技巧，善用食材的每部份。我們亦要求顧客小心點菜，避免浪費食物。

慧食堂還收集廚餘作堆肥，滋養綠匯學苑的園林。

We manage our food stocks carefully and cook creatively to minimise food waste. While you are enjoying the food at our canteen, please only order what you think you can finish to help reduce food waste. Food waste is processed into compost at the Green Hub and we use the compost to nourish our garden.