



全城減鹽減糖

Hong Kong's Action on
Salt and Sugar Reduction

近期活動 Update on Initiatives

業界諮詢論壇
Trade Consultation Forum
16.03.2016

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鹽糖委員會 CRSS

- 於2015年3月成立
- 就制定政策方向及工作計劃，向食物及衛生局局長提供建議，以減低：
 - 香港市民的鹽和糖攝入量
 - 食物中的鹽和糖含量
- 於2016年1月召開第三次會議
 - 聽取轄下三個工作小組的工作匯報
 - 討論工作方向
- Set up in Mar 2015
- Responsible for making recommendations to SFH on the formulation of policy directions & work plans to reduce
 - Intake of salt & sugar by the public
 - Salt & sugar in food
- 3rd meeting held in Jan 2016
 - Briefed on the work progress of its 3 working groups
 - Discussed the way forward

三個工作小組

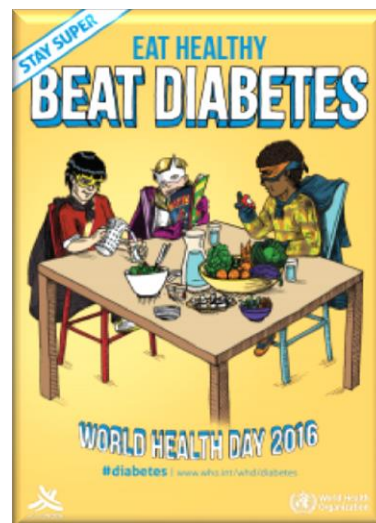
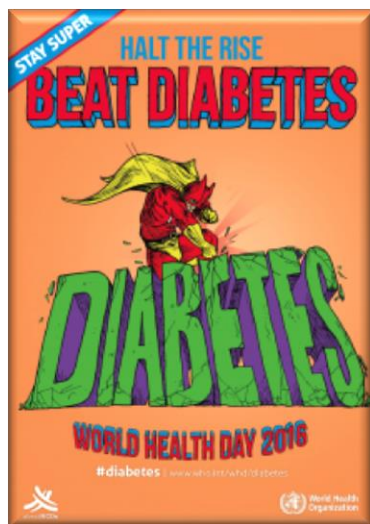
3 Working Groups

- 2015年年底設立
- 就三個範疇，聽取相關持份者(包括食物的生產商及餐飲等相關業界)的意見，進行聚焦討論，並提出適合香港的減鹽減糖措施建議
- 該三個工作小組包括：
 - 降低食物中鹽和糖含量工作小組
 - 減少從膳食中攝取鹽和糖工作小組
 - 宣傳及教育工作小組
- Set up in late 2015
- Responsible for gauging the views of relevant stakeholders, including food manufacturers & the catering industry, & conducting focused discussions & proposing measures for salt and sugar reduction suitable for HK in 3 aspects
- The 3 working groups are:
 - Working Group on Lowering Content of Salt and Sugar in Food;
 - Working Group on Reducing the Dietary Intakes of Salt and Sugar; and
 - Working Group on Publicity and Education

2016年世界衛生日：糖尿病

World Health Day 2016: Beat Diabetes

- 世衛定“應對糖尿病”為重點的原因：
 - ... 很大一部分糖尿病病例是**可以預防的**。
...保持正常體重，...**注重飲食健康**...
- WHO is focusing on diabetes because:
 - ...a large proportion of diabetes cases are **preventable**... Maintaining normal body weight, ...**eating a healthy diet** ...
- 食物安全中心將在**4月7日**衛生署主持之新聞發布會上，討論
 - 糖攝取、肥胖和糖尿病的關聯
 - 全城減鹽減糖的新措施
- At the **7 Apr** Press Conference to be hosted by DH, the CFS will discuss:
 - **association of sugar intake, obesity and diabetes**
 - **new measures initiated under the HK's Action on Salt & Sugar Reduction**



食物安全日2016 - 活動

Food Safety Day 2016 - Programme

- 「食物安全『誠』諾」及「減鹽、糖、油，我做！」簽署儀式
- 「小營廚減鹽減糖好煮意比賽」決賽及舉行頒獎典禮
- “Food Safety Charter” and “Reduce Salt, Sugar, Oil. We Do!” Signing Ceremony
- “Junior Chefs’ Culinary Ideas of Salt and Sugar Reduction Competition Final Round & Award Presentation Ceremony



食物安全日2016

Food Safety Day 2016

- 中心一年一度的重點項目，為以後一連串的宣傳活動揭開序幕
- 向業界及公眾推廣食物安全及健康飲食的訊息
- 將於6月30日(星期四)在藝術與科技教育中心舉行
- An annual signature event of the CFS, as a preface of a series of promotional activities
- To promote food safety and healthy eating messages to the food trade and the public
- To be held at the Arts & Technology Education Centre on 30 June (Thursday)

食物安全日2016 – 主題

Food Safety Day 2016 – Theme

- 全城減鹽減糖：健康煮意從小起

- 主要訊息：

- 每天煮食少放鹽糖；小小改變，為長遠健康帶來大好處。
- 從小飲食健康，終身受用無窮。
- 鹽糖攝取適可而止，健康煮意多多益善。食物業界和市民齊來烹製少鹽少糖的健康食物。

- Hong Kong's Action on Salt and Sugar Reduction: **Healthy Cooking Starts Small**

- Key messages:

- Small changes by using less salt and sugar in everyday cooking can make a big improvement for our long-term health.
- Start healthy eating at a young age benefits for a lifetime.
- Salt and sugar should be limited but healthy cooking ideas are unlimited. Both the food trade and the public are encouraged to make healthier food with less salt and sugar.



「減鹽、糖、油，我做！」計劃



- 將會邀請「食物安全『誠』諾」的承諾人及「減鹽、糖、油，我做！」的參加者出席食物安全日，以表揚他們一直以來，對食物安全及健康飲食的支持
- 參與的食物業界協會代表將會在當日進行簽署儀式，以承諾繼續為香港的消費者提供安全而又健康的食物

- To recognise their continuous support on promoting food safety and healthy eating, “Food Safety Charter” signatories and “Reduce Salt, Sugar, Oil. We Do!” participants will be invited to the Food Safety Day
- A signing ceremony will be held for representatives of the participating food trade associations, for their commitment to continue providing safe and healthier food to the consumers in Hong Kong

小營廚減鹽減糖好煮意比賽

Junior Chefs' Culinary Ideas of Salt and Sugar Reduction Competition

- **目的:** 藉此推廣健康飲食及注重食物安全的習慣
 - 發掘既能減少鹽糖又能保持食物美味的實用食品製作小主意
 - 鼓勵在製作食物時應用食物安全小貼士，藉此推廣健康飲食及注重食物安全的習慣
- 在食物安全日當天，將會進行決賽及舉行頒獎典禮
- 與教育局合辦，獲中華廚藝學院和家庭與學校合作事宜委員會協辦

- **Aim:** To promote healthy eating & habits of applying food safety practices:
 - Explore practical ideas of preparing food with reduced salt and sugar without losing flavour
 - Encourage the application of food safety tips when preparing food
- **Final Round & Award Presentation Ceremony** to be held on Food Safety Day
- Co-organise with the Education Bureau; Supported by the Chinese Culinary Institute and the Committee on Home-School Cooperation



謝謝
Thank You