

主辦單位
Organised by

green
monday

資助機構
Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

齊心齊力齊進 RIDING HIGH TOGETHER

GREEN MONDAY 賽馬會「綠在家中GIY」計劃

GREEN MONDAY JOCKEY CLUB 'GREEN IT YOURSELF' PROGRAMME



VISION

理念

為了可持續的共同利益，引領全球改變行為模式
TO BE A GLOBAL CHANGE MAKER FOR SUSTAINABLE COMMON GOOD.

TO TAKE ON CLIMATE CHANGE, FOOD INSECURITY, HEALTH ISSUES AND ANIMAL WELFARE WITH AN INNOVATIVE AND DIVERSE SOCIAL VENTURE PLATFORM THAT SHIFTS INDIVIDUALS, COMMUNITIES, AND CORPORATIONS TOWARDS SUSTAINABLE, HEALTHY, AND MINDFUL LIVING.

利用創新及多樣化的社企平台，針對全球暖化、糧食安全、健康及動物福利等問題，引領個人、社區與企業實踐可持續、健康及覺知的生活方式

目標

MISSION



問題：全球暖化
Issue: Global Warming



畜牧業 Livestock Industry



交通工具 Transportation



生產1公斤的食物所排放的二氧化碳 CO2 generated in producing 1kg of food

39 KG



羊肉
Lamb



27 KG



牛肉
Lamb



11 KG



豬肉
Lamb



GREEN TEST!



牛和羊會釋放甲烷。你知道甲烷所產生的溫室效應比二氧化碳強多少倍呢？

Cows and lambs release methane. Do you know how many times methane is more potent than carbon dioxide as a greenhouse gas?

23x

豆腐
Tofu

2 KG



番茄
Tomato

1 KG





問題：地球資源及糧食短缺 Issue: Global Resources & Food Scarcity

水足印 WATER FOOTPRINT



GREEN TEST!



你知道沖涼時間縮短1分鐘可以慳多少公升水呢?

How much water do you save if you reduce your shower time by a minute?

10L



小麥
Wheat



蔬菜
Vegetable

GREEN MONDAY 賽馬會「綠在家中GIY」計劃

GREEN MONDAY JOCKEY CLUB 'GREEN IT YOURSELF' PROGRAMME



生產1公斤蛋白質所需的土地
Land required to produce 1kg of protein



12m² / 1x

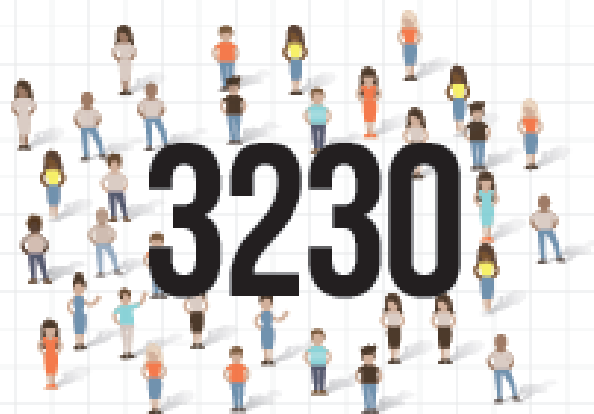


107m² / 9x



377m² / 32x

在1英畝土地養牛或種大豆可餵飽的人數
Number of people who can be fed by raising cattle or growing soybeans on one acre of land



3230



可提供3230人份量的食物
Feeds 3230 people



180



只可提供180人份量的食物
Feeds 180 people





問題：健康
Issue: Health



World Health
Organization

每天食用50克加工肉製品 (1.5條腸仔或2塊火腿)，患上大腸癌的風險會提高18%。

Eating 50g of processed meat (1.5 pcs of sausage or 2 slices of ham), increase the chance of developing colorectal cancer by 18%



8成港人未能符合蔬果攝取量

80% HK people cannot meet the dietary recommendations for fruit and vegetable intake



1/ ROUTINE-BASED 按時間



1 day a week



Every lunch meal

2/ PORTION-BASED 按份量

Reduce meat portion in every meal



X5



VEGGIE PIZZA

3/ IMPACT-BASED 按影響力

Cut high environmental impact food choice (i.e red meat)





According to American Dietetic Association, well-planned vegetarian diets are healthy, nutritionally adequate and offer prevention and treatment for certain diseases

根據美國營養學會，細心策劃的素食是健康的，而且營養充足，並可預防和治療某些疾病



「素」低都市病

Combat Against Chronic Diseases Through a Vegetarian Diet

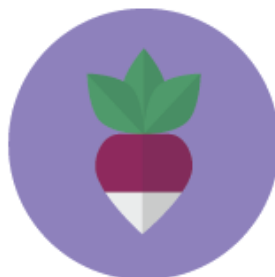


六大降血壓食物

Top 6 foods to lower blood pressure



菠菜
Spinach



紅菜頭
Beet



眉豆
Black-eyed Pea



南瓜
Pumpkin



番石榴
Guava



南瓜籽
Pumpkin Seed









「素」低都市病

Combat Against Chronic Diseases Through a Vegetarian Diet



六大降血脂食物

Top 6 foods to combat hyperlipidemia

黃豆製品 Soy	堅果 Nut	燕麥 Oat	豆類 Legume	菇類 Mushroom	海藻類 Algae
 <p>每天攝取15克黃豆蛋白 15g of soy protein per day = 1/3 磚硬豆腐 + 1杯豆漿 1/3 block of firm tofu + 1 glass of soy milk</p>	 <p>每星期3-5次進食 1把原味堅果 A handful of plain nuts 3-5 times per week</p>	 <p>每星期5次早餐 進食1/2碗乾燕麥 1/2 bowl of dried oat for breakfast 5 times per week</p>	 <p>每天進食最少一種 豆類: 鷹咀豆、 紅腰豆、扁豆等 At least one legume every day, e.g. chickpeas, kidney beans, lentils</p>	 <p>新鮮菇類或乾菇類， 也能增加飲食中可溶 性纖維 Fresh or dried mushrooms can help add more soluble fibre to diet</p>	 <p>可加紫菜或 海帶進湯中 Seaweed or kelp can be added to soup</p>





維他命
Vitamins

礦物質
Minerals

纖維
Fiber

水份
Water

抗氧化
Antioxi
dants





百搭素材

High Protein Meat Alternatives



黃豆

Soybeans



毛豆

Edamame



天貝

Tempeh



腐皮/竹

Bean Curd Sheet/Stick



豆腐

Tofu



百搭素材

High Protein Meat Alternatives



植物肉

Plant-based meat



蛋

Eggs



豆類

Legumes



果仁/種籽

Nuts and Seeds



奶類

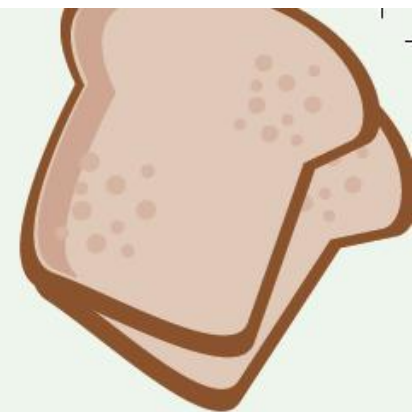
Milk



BREAKFAST

早餐

燕麥片 Oatmeal	1碗 (bowl)
乾果 Dried fruits	1湯匙 (tbsp)
麥麵包 Wheat bread	1片 (slice)
花生醬 Peanut butter	1湯匙 (tbsp)
豆漿 Soy milk	1杯 (cup)





香草芝士蔬菜奄列
VEGGIE OMELETTE WITH CHEESE AND HERBS





脆豆腐配炒香菇菠菜
SCRAMBLED TOFU WITH SAUTÉED
SPINACH AND SHIITAKE MUSHROOMS





吐司海苔芝士卷
BREAD SUSHI ROLL WITH CHEESE





素魚柳包配牛油果醬
FISHLESS FILLET BURGER WITH GUACAMOLE



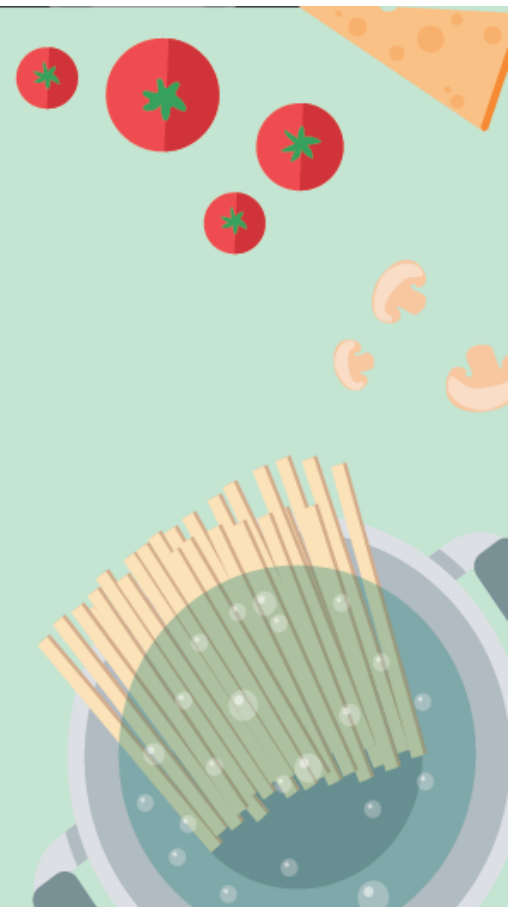


FETTUCCINE

LUNCH

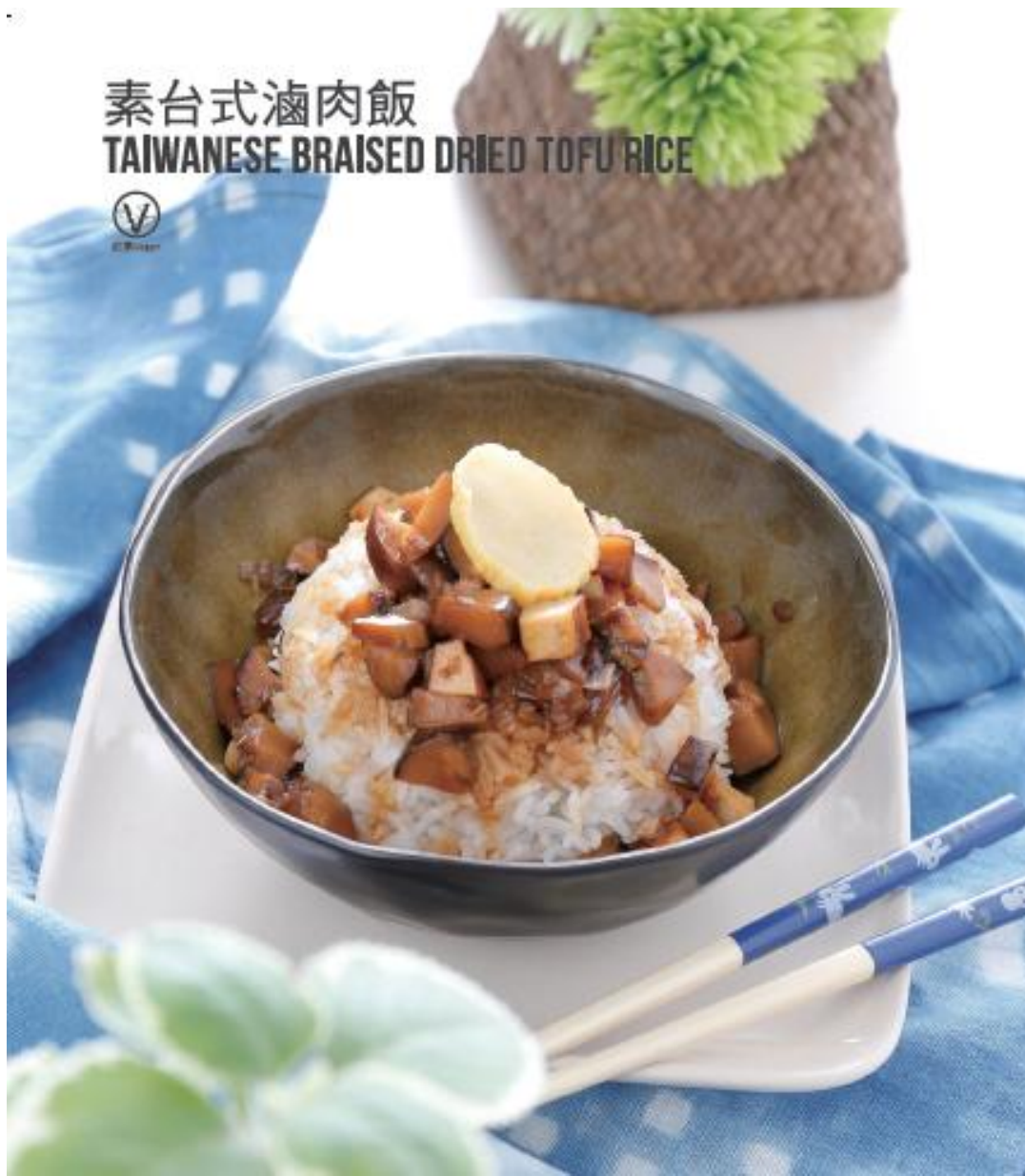
午餐

意粉 Pasta	1碗 (bowl)
豆(煮熟) Cooked beans	$\frac{3}{4}$ 碗 (bowl)
未經烹調的 沙律菜 Raw vegetable salad	2碗 (bowls)





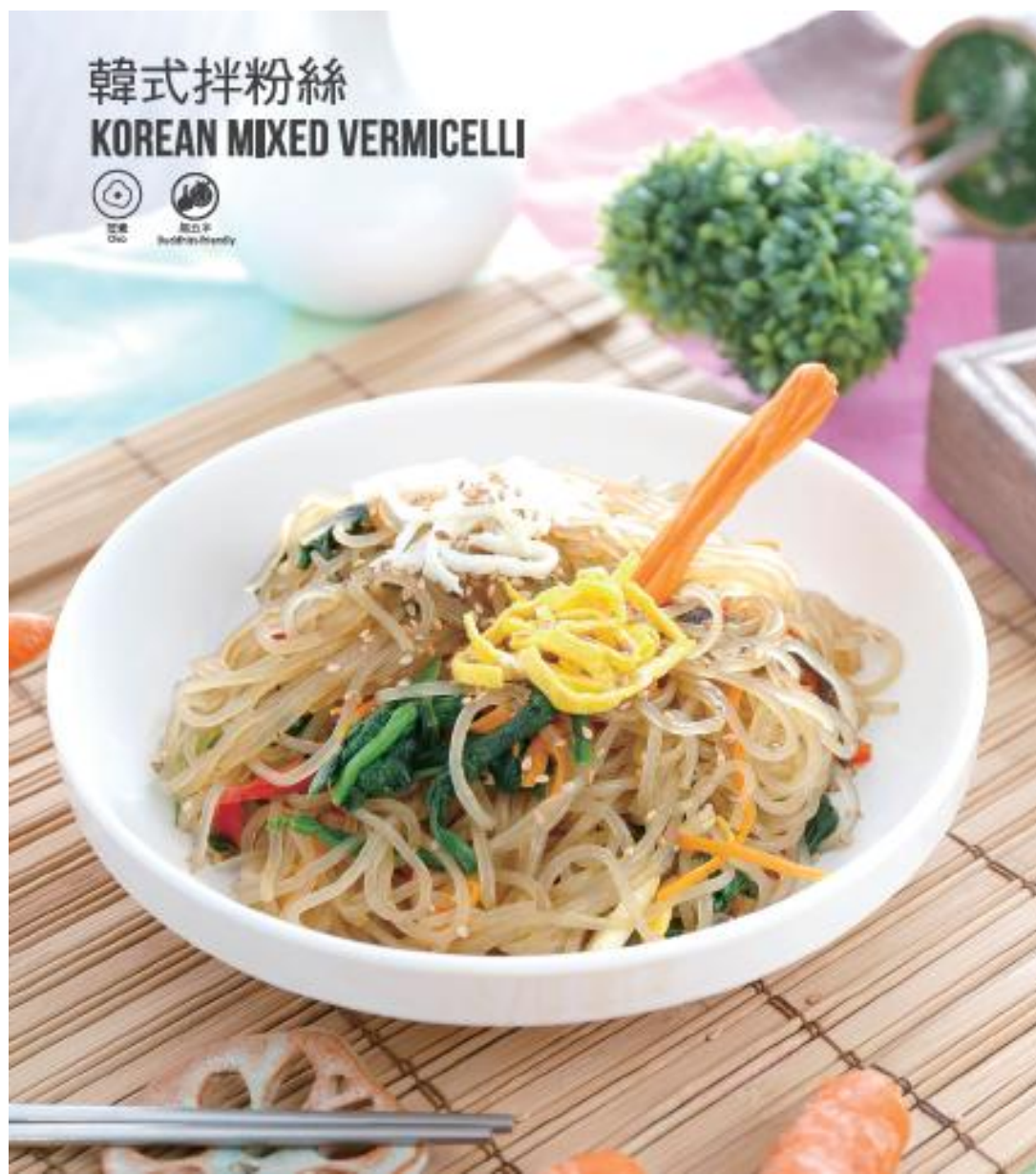
素台式滷肉飯
TAIWANESE BRAISED DRIED TOFU RICE



GREEN MONDAY 賽馬會「綠在家中GIY」計劃
GREEN MONDAY JOCKEY CLUB 'GREEN IT YOURSELF' PROGRAMME



韓式拌粉絲
KOREAN MIXED VERMICELLI





DINNER

晚餐

飯	1碗
Rice	(bowl)
硬豆腐	1碗
Firm tofu	(bowl)
煮熟蔬菜	1碗
Cooked vegetable	(bowl)
中型水果	1個
Medium fruit	(piece)





豐足年年 (福袋)
STUFFED JAPANESE BEANCURD POUCHES





藜麥豆腐漢堡
TOFU QUINOA PATTIES





紅菜頭蓮藕薄罈
BEET AND LOTUS ROOT THIN PANCAKES



純素飲食



環保飲食





野菌豆乾蛋角
OMELETTE WITH MIXED MUSHROOMS AND DRIED TOFU





大白菜南瓜雪耳素湯



佛手瓜紅蘿蔔粟子湯



雪耳無花果麥冬薏米湯



冬瓜蓮子芡實湯

GREEN MONDAY 賽馬會「綠在家中GIY」計劃

GREEN MONDAY JOCKEY CLUB 'GREEN IT YOURSELF' PROGRAMME



若果只是每週素食一天，我相信每人都可以嘗試。
I believe everyone can give Green Monday a try.



林嘉欣小姐 **Miss Karena Lam**

Green Monday 賽馬會「綠在家中」計劃大使
Ambassador, Green Monday Jockey Club
"Green It Yourself (GIY)" Programme

GREEN MONDAY 賽馬會「綠在家中GIY」計劃
GREEN MONDAY JOCKEY CLUB 'GREEN IT YOURSELF' PROGRAMME



全新網上平台 NEWLY LAUNCHED WEBSITE OF “GREEN IT YOURSELF” PROGRAMME

綠在家中無難度 GREEN IT YOURSELF

登記成為GIY會員 SIGN UP TO BECOME GIY MEMBER



GIY.GREENMONDAY.ORG



GREEN MONDAY 賽馬會「綠在家中GIY」計劃
GREEN MONDAY JOCKEY CLUB 'GREEN IT YOURSELF' PROGRAMME



烹飪頻道 COOKING CHANNEL



GreenMondayHK



GREEN MONDAY 賽馬會「綠在家中GIY」計劃
GREEN MONDAY JOCKEY CLUB 'GREEN IT YOURSELF' PROGRAMME



GREEN MONDATE

與 林 嘉 欣 的 綠 色 約 會

A competition that encourages greenies to prepare a creative green meal to Karena
激發大眾發揮創意的烹飪比賽，為計劃大使林嘉欣烹調別出心裁的素菜

GREEN MONDAY 賽馬會「綠在家中GIY」計劃

GREEN MONDAY JOCKEY CLUB 'GREEN IT YOURSELF' PROGRAMME



GREEN MONDAY 賽馬會「綠在家中GIY」計劃
GREEN MONDAY JOCKEY CLUB 'GREEN IT YOURSELF' PROGRAMME



前往 giy.greenmonday.org/greenmandate

投選你最愛的菜式

截止日期：2016年9月16日

《投選及競猜
冠軍大獎》

KitchenAid廚師機
(價值HK\$5,480)



《投選及競猜入
圍8強大獎》

美亞朱古力萬用鍋
(價值HK\$539)





Greenies' Cooking Demo 烹飪示範班

Equip home chefs with skills to make delicious green meals for their families

教授大眾烹調素菜，綠在家中無難度





Sharing Talks 分享會

Topics include 主題包括:

- Be Your Own Nutrition Consultant
做自己的營養師
- Smart Pick on Local Superfoods
齊選本地超級食物
- Vegetarian Cooking 101
綠在家中無難度
- When VEG meets TCM etc.
中醫看素食 等





Exhibition 展覽

Explain how eating green affects the environment and health through infographics

利用簡易的資訊圖表解釋素食與環保及健康的關係

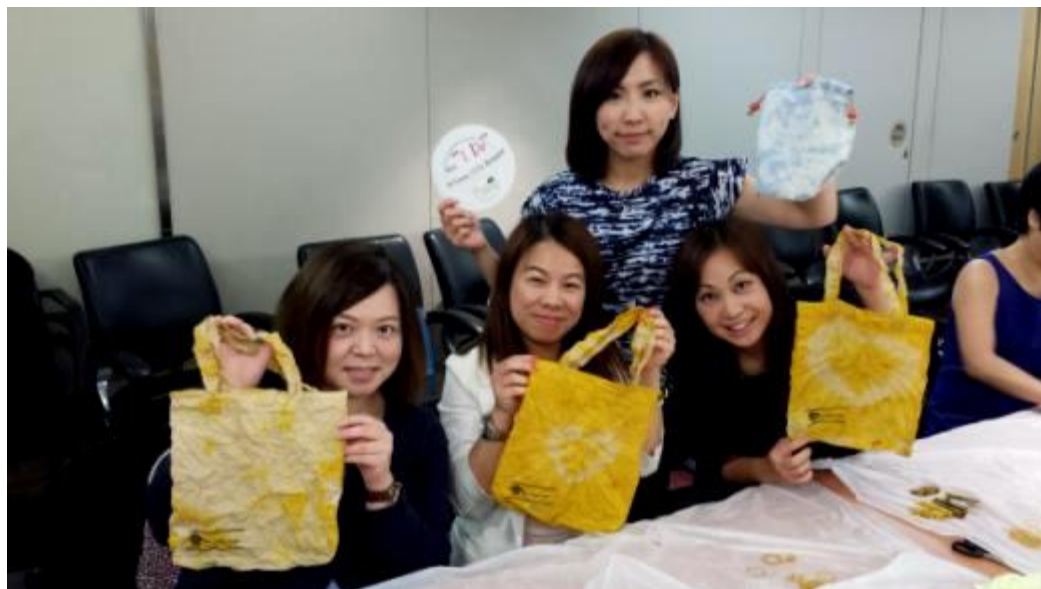




Outreach activities 外展活動

Expose Greenies to different aspects of green living
全方位認識綠色生活:

- Farm to Table Experience 「從農場到餐桌」體驗之旅
- Mindful Cooking and Eating in Nature 大自然正念煮食
- Food Waste Recycling Tour 剩食處理





GREEN MONDAY 賽馬會「綠在家中GIY」計劃

GREEN MONDAY JOCKEY CLUB 'GREEN IT YOURSELF' PROGRAMME

[#GIY](#) [#GreenItYourself](#) [#綠在家中](#)

如想有更多食譜點子 For more recipe ideas:



giy.greenmonday.org



[GreenMondayHK](https://www.youtube.com/GreenMondayHK)



giy@greenmonday.org