



無煙 飲食力量

Smoke-free
Catering Force

www.smokefree.hk/catering

一包煙五六十蚊，影響你一生，
不如享受一頓美食，讓自己回味一生。
Do not ruin your life by a pack of cigarettes,
enjoy a pleasant meal instead.

飲食業戒煙好處多 Benefits of smoking cessation for catering industry

- 保障員工職業安全及市民健康
Protect the occupational safety of employees, as well as the public health
- 杜絕煙灰異物，提升食物衛生
Prevent cigarette ashes from contaminating the dishes. Improve food hygiene
- 改善味覺及嗅覺，食物更美味
Improve the senses of taste and smell and make food taste better
- 去除煙臭，提升專業形象
Remove tobacco stink and improve industry image

無煙飲食達人分享 Sharing of Smoke-free Catering Ambassadors



盧沛華
LO Pui-wah

曾任職中廚及樓面超過三十年；煙齡38年；於2010年成功戒煙
Chef and floor staff in Chinese restaurant for over 30 years; smoked for 38 years; quit in 2010

“煙仔嚴重影響廚師最重要的味覺和嗅覺，戒煙後可大大改善，烹調的食物都變得更美味。”

Tobacco adversely affects the senses of taste and smell which are crucial to a chef. That's why the dishes I cook taste better after I quit smoking.”



蔡明俊
CHAI Ming-chun

任職西廚超過十年；煙齡18年；於2015年成功戒煙
Western chef for over 10 years; smoked for 18 years; quit in 2015

“以前吸煙會令雙手及全身都是煙味，要避免直接接觸新鮮食材，十分不便，同時亦影響客人對餐廳及食物質素的印象。”

Smoking made my hands and body stink and I had to avoid touching fresh ingredients. Smoking will also affect customers' impression on the restaurant and food quality.”

戒煙貼士 Quit Tips



近廚得食，飲用大量清水、以水果或健康小食取代吸煙，以解口癮

Drink more water, eat some fruits or healthy snacks will help defeat your urge to smoke



以壓力球或毛巾進行手部伸展活動，以解決手癮

Do some stretching exercises with stress balls or towels to divert your attention on the urge



用濕凍毛巾抹面提神或找人傾談，讓自己冷靜下來，有助減壓

Wash your face or talk to others in order to let yourself 'cool down'



利用落場時間建立新嗜好，例如收聽電台或音樂，以分散注意力

Develop new interests or hobbies during breaks, such as listening to radio or music to distract triggers

根據《吸煙(公眾衛生)條例》第371章，所有食肆處所內的室內地方都是禁止吸煙區。任何人不得在指定禁煙區吸煙或攜帶燃著的香煙、雪茄或煙斗，違者定額罰款港幣1,500元。

Under the Smoking (Public Health) Ordinance (Cap. 371), indoor areas of all restaurant premises are designated as no smoking areas. No person shall smoke or carry a lighted cigarette, cigar or pipe in designated no smoking areas, or else will be liable to a fixed penalty of HK\$1,500.

歡迎飲食業公司或食肆加入無煙飲食力量，獲取「星級無煙食肆」認證。詳情請瀏覽
All catering companies and restaurants are welcomed to join the Smoke-free Catering Force as 'Premier Smoke-free Restaurant'. For details, please visit
www.smokefree.hk/catering



主辦機構 Organizer:



支持機構 Supporting Organizations:

