



無煙 飲食力量

Smoke-free
Catering Force

www.smokefree.hk/catering

主辦機構 Organizer:



支持機構 Supporting Organizations:



香港專業廚師總會
Hong Kong Professional Chefs General Union

電話 Tel : 2185 6399 傳真 Fax : 2575 3966
電郵 Email : project@cosh.org.hk



香港餐務管理協會
THE ASSOCIATION FOR HONG KONG
CATERING SERVICES MANAGEMENT LTD.



香港整體及飲食業的吸煙情況

Hong Kong and catering industry smoking prevalence

香港每日吸煙人數佔全港15歲及以上人口的10.5%，即約641,300人¹。香港每年有近7,000人因煙草而死亡，其中包括1,324名非吸煙者因吸入二手煙致死。多項醫學研究均顯示，每兩個長期吸煙者中便有一個會因吸煙而提早死亡²。

香港現時有超過24萬名飲食業從業員，根據職業安全健康局的職業安全健康狀況調查，**有約半數(48.5%)的中式酒樓廚房員工³及近三成(28.1%)的樓面員工⁴有吸煙習慣**。為了保障飲食業員工及公眾健康，香港吸煙與健康委員會舉辦「無煙飲食力量」計劃，並獲得多個業界組織全力支持，希望推動更多吸煙人士戒除煙癮，以保障他們的健康及職業安全，並透過飲食業界將無煙信息傳遞予員工、客戶、市民大眾等不同持份者，共同打造健康的無煙飲食文化。

The percentage of daily cigarette smokers aged 15 and above in Hong Kong was 10.5%, equivalent to around 641,300 people¹. There are around 7,000 people died of tobacco annually in Hong Kong and 1,324 of them are non-smokers. Besides, a number of medical researches show that one in every two smokers will die early from smoking².

The catering industry in Hong Kong has over 240,000 labour force. According to the survey conducted by the Occupational Safety and Health Council on the occupational safety and health conditions in Chinese restaurants, **nearly half (48.5%) of kitchen staff³ and 28.1% of floor staff⁴ in Chinese restaurants smoked regularly**. To protect the health of catering employees and the public, Hong Kong Council on Smoking and Health "COSH", with full support of different industry associations, organizes the "Smoke-free Catering Force" programme with the aims to encourage smokers in the industry to kick the habit and boost the participation of the industry in promoting smoke-free messages to their employees, customers, the general public and other stakeholders.

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⁵。

條例亦授權場所管理人執行有關禁煙條例，以確保其管理的場所內無人吸煙。若發現有人在禁止吸煙區內吸煙，管理人可以：

- 要求吸煙者將燃著的香煙、雪茄或煙斗弄熄。
- 如果該人不合作，管理人可要求對方離開禁止吸煙區。
- 如果該人仍不合作，管理人可在有需要時召喚警務人員協助。

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\$1,500⁵.

The Ordinance also empowers the manager of a no smoking area to enforce the relevant law to ensure no person shall smoke in the premises he manages. If the manager finds anyone smoking in a no smoking area, the manager may

- request the smoker to extinguish the lighted cigarette, cigar, or pipe.
- request the smoker to leave the no smoking area.
- call for police assistance when necessary, if the smoker refuses to cease smoking or refuses to leave the no smoking area, despite the manager's request.

1 (2016)主題性住戶統計調查第59號報告書 香港特別行政區政府 政府統計處

HKSAR Census and Statistics Department, Thematic Household Survey Report No.59. Hong Kong SAR Government (2016).

2 Peto, R., Lopez, A. D. & Boreham, J. (1994). Mortality from Smoking in Developed Countries, 1950–2000. Oxford: Oxford University Press.

3 (2000) 中式酒樓廚房工作之職業安全健康狀況調查 職業安全健康局

Survey on Occupational Safety and Health Conditions of Kitchen Work in Chinese Restaurants (2000), Occupational Safety and Health Council.

4 (2002) 中式食肆樓面工作之職業安全健康狀況調查 職業安全健康局

Survey on Occupational Safety and Health Issues among Floor Staff of Chinese Restaurants (2002), Occupational Safety and Health Council.

5 香港特別行政區政府《定額罰款(吸煙罪行)條例》(第600章)

Fixed Penalty (Smoking Offences) Ordinance (Cap. 600), Hong Kong SAR Government



目標 Objectives

- 鼓勵飲食業從業員投入無煙生活
Encourage smokers in the catering industry to kick the smoking habit
- 加強飲食業界宣揚無煙文化的角色
Boost the participation of the catering industry in promoting smoke-free culture
- 保障飲食業員工職業安全及市民健康
Protect the occupational safety of employees, as well as the public health
- 提升食物衛生及業界的專業形象
Bring positive impacts on food safety and image of the catering industry



「星級無煙食肆」 Premier Smoke-free Restaurant

為鼓勵飲食業推廣無煙信息及鼓勵員工戒煙，凡參加之食肆均可獲得「星級無煙食肆」認證，委員會可提供免費講座、戒煙服務轉介及無煙宣傳品，以協助業界實施各項無煙措施。歡迎所有飲食業界的公司及食肆加入成為「無煙飲食力量」的一分子。表現傑出的食肆更有機會競逐「特選星級無煙食肆」或「特選無煙戶外食肆」，於頒獎禮上獲嘉許，成為推動無煙文化的先鋒，為業界樹立榜樣。

To encourage the catering industry to promote smoke-free messages and encourage smoking cessation among the employees, any restaurant joining the programme will be awarded with a certificate of “Premier Smoke-free Restaurant”. COSH will provide free health talks, smoking cessation service referrals and marketing collaterals to assist companies of the industry in promoting smoke-free culture. All companies and restaurants of the catering industry are welcomed to join the “Smoke-free Catering Force”. Outstanding participants will be commemorated as “Top Premier Smoke-free Restaurant” and “Top Premier Smoke-free Outdoor Restaurant” for their efforts at the awards presentation ceremony.



「特選星級無煙食肆」評審準則 Judging Criteria of “Top Premier Smoke-free Restaurant”

評審團將根據參加食肆在以下範疇的表現進行評審：

- 支持及推廣無煙文化予不同持分者（包括員工、客戶及市民大眾）
- 鼓勵員工戒煙及投入無煙生活
- 制定及執行持續的無煙政策
- 於戶外用餐位置實施無煙措施，致力推動室外食肆全面禁煙（適用於「特選無煙戶外食肆」）

Judging panel will select the winners based on below criteria:

- Support and promote smoke-free culture to stakeholders (including employees, customers and the general public)
- Encourage employees to quit smoking and live a smoke-free lifestyle
- Develop and enforce sustainable smoke-free policies
- Implement smoke-free measures at outdoor seating areas of restaurants (applicable to “Top Premier Smoke-free Outdoor Restaurant”)



參加資格 Eligibility

歡迎所有本港持牌食肆及在香港註冊及營運之飲食公司參加。

All licensed restaurants and catering companies which operate and have registered in Hong Kong are eligible.



參加辦法 How to apply

有意參加的食肆可於 www.smokefree.hk/catering 網上報名，或填妥宣傳品附上之參加表格，並電郵、傳真或郵寄（信封面請註明「星級無煙食肆參加表格」）至委員會。

Interested restaurants can apply online at www.smokefree.hk/catering or fill in the application form attached in this leaflet. Completed application form should be submitted to COSH by email, fax or mail (please specify "Premier Smoke-free Restaurant Application Form" on the envelope).

香港吸煙與健康委員會

Hong Kong Council on Smoking and Health

地址 Address：香港灣仔皇后大道東183號合和中心44樓4402-03室

Unit 4402-03, 44/F, Hopewell Centre, 183 Queen's Road East, Wanchai, Hong Kong

電話 Tel：2185 6399

傳真 Fax：2575 3966

電郵 Email：project@cosh.org.hk



時間表 Schedule



更多詳情，請瀏覽 www.smokefree.hk/catering

For more details, please visit www.smokefree.hk/catering



香港主要戒煙服務 Smoking cessation services in HK

衛生署綜合戒煙熱線

Integrated Smoking Cessation Hotline of the Department of Health

戒煙熱線 Quitline：1833 183 (按1字 Press 1)

- 由註冊護士於辦公時間內提供專業戒煙輔導
Provides counselling on smoking cessation by registered nurses during office hours.
- 設有24小時電腦來電處理系統，提供戒煙資訊
A computerized call handling system is set up to provide information on smoking cessation round the clock.
- 使用者可透過電腦系統進行尼古丁依賴程度測試
Users may assess their nicotine dependency via the system.



衛生署控煙辦公室
Tobacco Control Office
Department of Health



東華三院戒煙綜合服務中心

Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation

查詢電話 Hotline : 1833 183 (按2字 Press 2) 或 or 2332 8977

網頁 Website : <http://icsc.tungwahcsd.org>



- 提供免費及社區為本的戒煙服務，服務結合醫療及輔導，並針對個人的吸煙情況由跨專業團隊提供合適的戒煙計劃
Provides free and community based smoking cessation services. Offers integrated treatment with pharmacotherapy and counselling by multidisciplinary team in a tailor-made treatment plan according to individual needs.
- 各服務中心均位於主要交通樞紐
All centres are located at the traffic hub and major business areas.

醫院管理局戒煙輔導服務

Hospital Authority's Smoking Counselling & Cessation Service

查詢電話 Hotline : 1833 183 (按3字 Press 3) 或 or 2300 7272

網頁 Website : www.ha.org.hk/goto/sccp



醫院管理局
HOSPITAL
AUTHORITY

- 各區均設有「無煙新天地」戒煙輔導服務中心
Operates Smoking Counselling & Cessation Centres in every district.
- 為戒煙人士訂立合適的戒煙方案及定期跟進，並因應戒煙者的情況提供藥物協助戒煙
Offers counselling and regular follow-ups based on tailor-made treatment plan and provides drug treatment if indicated.

博愛醫院中醫免費戒煙服務

Pok Oi Hospital Free Smoking Cessation Service using Traditional Chinese Medicine

查詢電話 Hotline : 1833 183 (按4字 Press 4) 或 or 2607 1222

網頁 Website : www.pokoi.org.hk



- 以針灸治療配合專業戒煙輔導及電話跟進
Free service adopts Chinese medical acupuncture plus professional smoking cessation counselling and follow-up calls.
- 服務遍及港九新界超過100個地點
Over 100 service locations throughout Hong Kong Island, Kowloon and the New Territories.
- 針灸戒煙安全高效，醫師會根據戒煙者的體質狀況，提供健康調理建議
Acupuncture treatment is safe and effective. Chinese Medicine Practitioner would give advice to the participants on recovering from the bad health caused by years of smoking in accordance with their health status.

香港大學女性戒煙輔導熱線

HKU Women Quit

查詢電話 Hotline : 3917 2692/ 6752 6266

網頁 Website : www.wquit.hku.hk



SCHOOL OF NURSING
LI KA SHING FACULTY OF MEDICINE
THE UNIVERSITY OF HONG KONG
Vision to Lead Mission to Serve

護 香
理 港
學 大
院 學

- 為有意戒煙的女性而設
Targets female smokers with quit attempt.
- 提供度身訂造的個別面談或電話輔導
Provides free tailor-made smoking cessation counselling via face-to-face or telephone.

九龍樂善堂「愛·無煙」前線企業員工戒煙計劃 Smoking Cessation Program in Workplace by The Lok Sin Tong Benevolent Society, Kowloon

查詢電話 Hotline : 2272 9890

網頁 Website : www.scpw.hk



- 提供戒煙外展服務：包括協助機構訂立無煙辦公室政策、無煙教育活動以及戒煙輔導服務
Provides smoking cessation outreach services: includes helping participated company to set up smoke-free internal policy, providing educational activities to smokers and non-smokers and providing counselling services to smokers.
- 鼓勵及幫助香港企業員工投入戒煙行列
Encourages and supports employees to quit smoking.



* 請於適當的空格內填上 ☒
 * Please put a ☒ in the box where appropriate

第一部份 - 公司/食肆資料 Part I - Company/restaurant profile

公司/食肆名稱

Name of company/restaurant: _____

公司/食肆網站 (如有)

Company/restaurant website (if any): _____

員工數目

Total no. of employees: _____

吸煙員工人數 (如有)

No. of smoking employees(if known): _____

聯絡資料 Contact information

聯絡人

Contact person: _____

職銜

Title: _____

電話

Tel: _____

電郵

Email: _____

傳真

Fax: _____

地址

Address: _____

第二部份 - 鼓勵員工戒煙及推廣無煙文化

Part II - Encourage employees to quit smoking and promote smoke-free culture

1. 貴公司/食肆有否為員工提供有關煙草禍害及戒煙的資訊?

Does your company/restaurant provide information to employees on hazards of smoking and smoking cessation?

☐ 有, 包括以下

Yes, including the following:

☐ 張貼海報/資訊

Display posters / information

☐ 向員工派發宣傳單張

Distribute promotion leaflets

☐ 其他, 請註明

Others, please specify: _____

☐ 於公司通訊/刊物/內聯網內宣傳

Promote through emails/ publications/ intranet

☐ 舉辦無煙健康講座/活動予員工

Organize health talks/ smoke-free events for employees

☐ 沒有
No

2. 貴公司/食肆有否實施相關措施鼓勵員工戒煙?

Does your company/restaurant implement any measures to encourage the employees to quit smoking?

☐ 有, 包括以下

Yes, including the following:

☐ 定期收集有關員工吸煙習慣的資料

Collect information about the smoking habit of employees on a regular basis

☐ 設立獎賞計劃表揚成功戒煙員工

Develop incentive programme(s) to recognize employees who quit smoking successfully

☐ 其他, 請註明

Others, please specify: _____

☐ 為員工提供戒煙轉介服務

Provide smoking cessation referral services to employees

☐ 推動非吸煙員工支持吸煙員工戒煙

Motivate non-smoking employees to support smoking employees to kick the habit

☐ 沒有
No

3. 貴公司/食肆有否向大眾宣傳及推廣無煙文化和建立無煙生活的重要性?

Does your company/restaurant promote the importance of smoke-free culture and lifestyle to the general public?

☐ 有, 包括以下

Yes, including the following:

☐ 張貼或擺放無煙標示或宣傳品

Display smoke-free signage or collaterals

☐ 播放宣傳無煙信息的短片

Display smoke-free videos

☐ 其他, 請註明

Others, please specify: _____

☐ 透過公司舉辦的活動宣傳及推廣

Promote through events

☐ 設計及推出無煙有營養菜式

Design and provide smoke-free healthy dish(es)

☐ 沒有
No

4. 貴公司/食肆有否於戶外用餐位置實施無煙措施？

Does your company/restaurant implement smoke-free policy in outdoor seating areas?

☐ 有，請註明

Yes, please specify: _____

☐ 沒有
No

☐ 不適用

Not applicable

5. 貴公司/食肆內是否有員工成功戒煙？

Did any of your employees quit smoking successfully?

☐ 有，請註明

Yes, please specify:

員工數目

Number of successful quitters: _____

員工煙齡

Quitters' history of smoking : _____ (年 years)

員工成功戒煙經驗分享

Sharing of quitters : _____

☐ 沒有
No

6. 請介紹貴公司/食肆現有或未來將推行無煙政策的概念及執行時間。(如有)

Please introduce the concept and implementation schedule of the smoke-free policy of your company/restaurant.(if any)

第三部份 – 補充資料 Part III - Supplementary information

除了遞交此參加表格外，歡迎一併遞交其他有關支持及推廣無煙文化的補充資料。(如需更多空間填寫，可另加頁。)

Please provide other supplementary information about your company/restaurant's support and promotion of smoke-free culture in the space below or on separate sheets.

第四部份 – 聲明 Part IV - Declaration

- 本人謹此聲明上述資料真實無誤。

I hereby declare that the information provided is true and correct to the best of my knowledge.

- 本公司/食肆明白如有需要，主辦機構會派員到訪或要求遞交補充資料以核實相關資料。

I understand that the Organizer will conduct observational visit or request our company/restaurant to provide further information if necessary.

- 若本公司/食肆獲選，本人同意主辦機構可發表本公司/食肆參選之資料作宣傳及推廣之用，並同意協助主辦機構進行有關宣傳活動。

I agree that the Organizer can use the information provided in this form for the purpose of promotion and publicity of this programme.

- 本公司/食肆同意遵守「無煙飲食力量」計劃的一切規例。

I agree to abide by the terms and conditions that are set out in the "Smoke-free Catering Force" Programme.

- 本公司/食肆同意以主辦機構所作之一切決定為最終裁決。

I agree that all decisions made by the Organizer are final and binding.

簽名

Signature : _____

簽署者姓名

Name of signatory: _____

日期

Date : _____

公司蓋印

Company chop : _____

簽署者職位

Title of signatory: _____

編號

Serial number:

(由主辦機構填寫 For Organizer)

請於2018年1月12日或之前，將已填妥的參加表格電郵(project@cosh.org.hk)、傳真(2575 3966)或郵寄至香港吸煙與健康委員會。

Please submit the completed application form to COSH by email (project@cosh.org.hk), fax (2575 3966) or mail on or before 12 January 2018.



無煙飲食達人分享

Sharing of Smoke-free Catering Ambassadors



無煙
飲食力量
Smoke-free
Catering Force



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

“我十幾歲入行時看見師傅吸煙很有型，誤以為吸煙是與同事打交道的唯一途徑而開始吸煙。其實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。

When I was a teenager, I thought smoking was cool and the only way to socialize with my co-workers, so I started to smoke. Actually, tobacco adversely affects the sense of taste and smell which is 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

“以前落場時會吸煙打發時間，因此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。最初戒煙時都會面對同事的引誘，但只要下定決心加上家人支持，便可成功。

I used to smoke during breaks which 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. With strong determination and support from family, you could quit smoking and fight against the temptations.”



香港吸煙與健康委員會
HONG KONG COUNCIL ON SMOKING AND HEALTH

香港灣仔皇后大道東183號合和中心44樓4402-03室
Unit 4402-03, 44/F, Hopewell Centre, 183 Queen's Road East, Wanchai, Hong Kong
電話 Tel : 2185 6399 傳真 Fax : 2575 3966
電郵 Email : project@cosh.org.hk

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PRINTED MATTER

**MAILING
ADDRESS**



www.smokefree.hk/catering

立即加入成為「無煙飲食力量」的一分子，協助推廣無煙信息及鼓勵員工戒煙，獲取「星級無煙食肆」認證。

Join the “Smoke-free Catering Force” to promote smoke-free messages and encourage smoking cessation among the employees. Participants will be awarded with a certificate of “Premier Smoke-free Restaurant”.

(你收到此無煙資訊小冊子是因為貴公司在食物環境衛生署發出之本港持牌食肆及食物業處所牌照名單中。資料從香港特別行政區政府「資料一線通」網站 (www.data.gov.hk) 獲得。
(You receive this smoke-free leaflet because your company is on the list of licensed restaurants and premises holding food licences in Hong Kong as issued by the Food and Environmental Hygiene Department.
The information is collected from DATA.GOV.HK (www.data.gov.hk).)

