

# EatSmart Restaurant Newsletter



為您健康  
走在前面



我是  
有營食肆



<http://restaurant.eatsmart.gov.hk>

「有『營』食肆」承諾恆常供應「多蔬果」和「少油、少鹽和少糖」(3少)的「有『營』菜式」，是關心我們健康需要的食肆。





## Brands and Products Expo 2011 – “EatSmart Dishes” Demonstration

To make the public more conscious of healthy cooking with “less oil, less sugar and less salt”, the Department of Health continues to promote “EatSmart Dishes” through different channels. Further to its participation in the Food Expo 2011, the Department made its presence at the 46th Brands and Products Expo, 2011 on 20 and 21 December, this time hosting cooking demonstrations there with the collaboration of **LSG Catering China Ltd.** and **Kwong Fat Restaurant**; the demonstrations were followed by tasting sessions so that participants were actually treated to “EatSmart

Dishes” specially prepared by our gourmet chefs!

Dietitians from the Department were also present to share their expertise. In order to deepen participants’ nutritional knowledge,



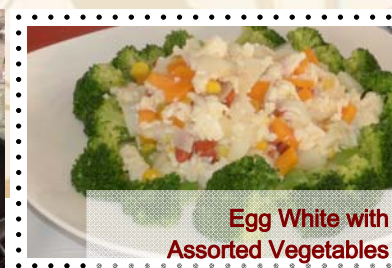
the Department even hosted for them a quiz that was full of interaction and great fun! It is hoped that more and more people will be able to request “less oil, less sugar, less salt” when dining out.

We thank all restaurants who signed up for the above event. We also hope that they will continue to give us their support in future activities.

“less oil, less sugar, less salt, please!”



Prawn-Stuffed Chicken Breast in Country Style



Egg White with Assorted Vegetables





## Procedures for Renewal 2012

All notices of confirmation of membership for 2012 were sent out by post by the end of last year. Member restaurants are requested to check their particulars as shown on the notice, and then return the reply slip, signed, by fax or by post. If you have not received the notice yet, please contact the Secretariat as soon as possible.

Should there be any change in the name of the EatSmart Restaurant or of the contact person, or if the restaurant's particulars have been amended, please contact the Secretariat by writing or email as soon as possible.

### Upon termination or withdrawal from the Campaign, the food premises concerned must immediately and unconditionally:

- ※ cease to hold itself out in any way as an EatSmart Restaurant
- ※ cease to use the EatSmart Decal, Logo and Collaterals and other benefits of the campaign in any matter
- ※ return to the ES Secretariat all EatSmart Decals to the ES Campaign; and
- ※ allow the ES Secretariat to make such publication or announcement as it may deem appropriate regarding the termination or withdrawal of the ES status.



### An EatSmart Restaurant should:

- ※ ensure that their EatSmart decals are displayed in conspicuous places;
- ※ attach the "More Fruits and Vegetables" and "3 Less" logos to their menus;
- ※ offer at least five EatSmart dishes every day; and
- ※ provide "EatSmart Restaurant" Customer Opinion Forms.
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## Latest Campaign

Last year we started using RoadShow as a platform for our multi-media campaigns. Another innovative attempt was made between January and February this year, when we arranged for the “EatSmart Restaurant” brand to be promoted

on the bodies of four trams running in town night and day.

The latest campaign was launched with the slogan “ **Eat Smart. Come take part.** ”, in a smart, colourful and energetic design. It is hoped that the public will understand that the “EatSmart@restaurant.hk” Campaign is devoted to cause of providing diners with delicious and nutritious choices.

Whether you are the boss or an employee of an EatSmart Restaurant, you must be more than willing to stride ahead for the health of society as a whole!

## EatSmart Restaurant Briefing Session

Restaurants should ensure that all staff designing recipes have the relevant nutritional knowledge. They may consider arranging their staff to attend the briefing. Please contact the EatSmart@restaurant.hk Campaign Secretariat at 2572 1476 for enrolment.

### February 2012

Date : 15 February 2012 (Wednesday)

Time : 3pm—5pm

Venue : Rm AC1, 4/F,  
Hong Kong Cultural Centre,  
10 Salisbury Road,  
Tsimshatsui, Kowloon

### March 2012

Date : 21 March 2012 (Wednesday)

Time : 3pm—5pm

Venue : Activity Room 1,  
Hong Kong Central Library,  
66 Causeway Road,  
Causeway Bay, Hong Kong

