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煤氣  
Towngas



煤氣安全貼士  
及用戶須知  
**Towngas**  
Safety Tips  
& Notes  
for Customers

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24小時緊急事故熱線

24-hour Emergency Hotline

2880 6999

24小時客戶服務熱線

24-hour Customer  
Service Hotline

2880 6988

24小時報錶熱線

24-hour Self-reading Hotline

2880 5522

產品銷售熱線

Sales Enquiry Hotline

2232 1000

工商市務部

Commercial and Industrial  
Marketing Department

2963 3300

煤氣烹飪中心

Towngas Cooking Centre

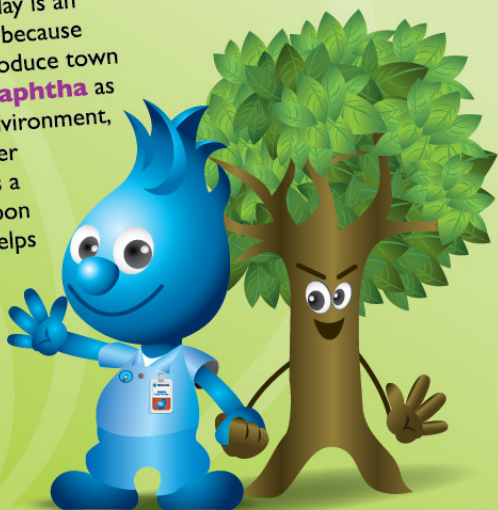
2576 1535

## 煤氣知多少?

### • Town Gas — A Clean Fuel

您們每日使用的煤氣，是潔淨又環保的能源。這是因為煤氣公司一直以潔淨的原料生產煤氣。早於70年代，煤氣公司已使用**石腦油**代替煤及重油。為了進一步保護環境，我們於2006年底引入**天然氣**作為另一種生產煤氣的原料。天然氣是一種更為潔淨的原料，燃燒時釋出較少的二氧化碳，並進一步減少二氧化碳和氮氧化物的排放，有助改善香港的空氣質素；而且天然氣的供應及價格比較穩定，更符合經濟原則。同時，我們更積極推廣再生能源的應用，並採用**堆填區沼氣**作為本地生產燃料，佔能源組合約5%。

Did you know that the town gas you use everyday is an environmentally friendly energy source? This is because Towngas uses only the cleanest feedstock to produce town gas: Towngas replaced coal and heavy oil with **naphtha** as far back as the 1970s. To further protect the environment, Towngas has begun to use natural gas as another feedstock by the end of 2006. **Natural gas** is a cleaner source of energy which emits less carbon dioxide when burned. The use of natural gas helps reduce the emissions of sulphur dioxide and nitrogen oxide and thus helps improve Hong Kong's air quality. Moreover, using natural gas makes sound economic sense because the supply and price of natural gas are relatively stable. To foster the use of renewable energy, **landfill gas** currently constitutes around 5 per cent of our energy mix for local gas production.



### 煤氣的特質 • What Is Town Gas?

煤氣是一種**安全可靠**的氣體燃料。由於煤氣較空氣為**輕**，一旦洩漏時，便會浮升及散發在空氣中。而且，煤氣內已加入一種**特殊氣味**，如有洩漏，即可容易讓人察覺。

Town gas is a **safe and reliable** fuel that is **lighter** than air. It will rise and dissipate in the air in the case of leakage. Moreover, we have added a **special odour** to town gas so that it can be easily detected if there is a gas leak.

# 處理煤氣洩漏 • Handling Gas Leaks



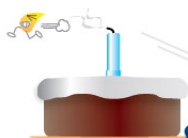
若察覺或懷疑煤氣洩漏，  
請即採取下列措施：

If you smell gas or suspect  
a gas leak, please take  
the following actions :

保持空氣流通，讓煤氣散發。  
Maintain good ventilation and  
allow the gas to disperse.



- 2 熄滅所有火種。  
如在室內，關掉煤氣總掣。  
Extinguish all naked flames.  
Turn off the gas meter control valve  
in your premises.



無論在室內或室外，如察覺或懷疑煤氣  
洩漏，請即遠離有煤氣味的地點，並致電  
煤氣公司24小時緊急事故熱線2880 6999或999。

If you smell gas or suspect  
a gas leak indoors or outdoors,  
keep away from the area and call  
Towngas 24-hour Emergency Hotline  
2880 6999 or 999 immediately.

**! 謹記 • Remember!**

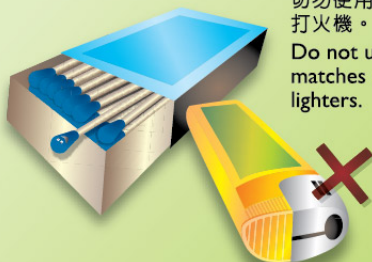
切勿觸動任何電掣  
(如開燈或關燈)。  
Do not touch any  
electrical switches  
(such as switching  
lights on or off).



切勿在現場使用  
電話，包括無線  
電話。  
Do not use  
telephones at  
the site, including  
mobile phones.



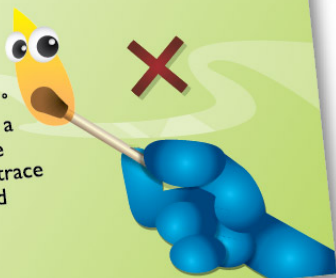
切勿使用火柴或  
打火機。  
Do not use  
matches or  
lighters.



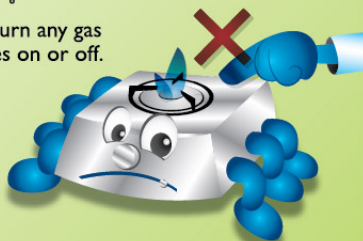
切勿按動門鐘。  
Do not press the doorbell.



切勿用火測  
試漏氣來源。  
Do not use a  
naked flame  
to try and trace  
a suspected  
gas leak.



切勿觸動任何煤氣爐  
的開關掣。  
Do not turn any gas  
appliances on or off.



# 安全使用煤氣爐具 • Safety Tips for Using Gas

## 煤氣熱水爐 Gas Water Heaters

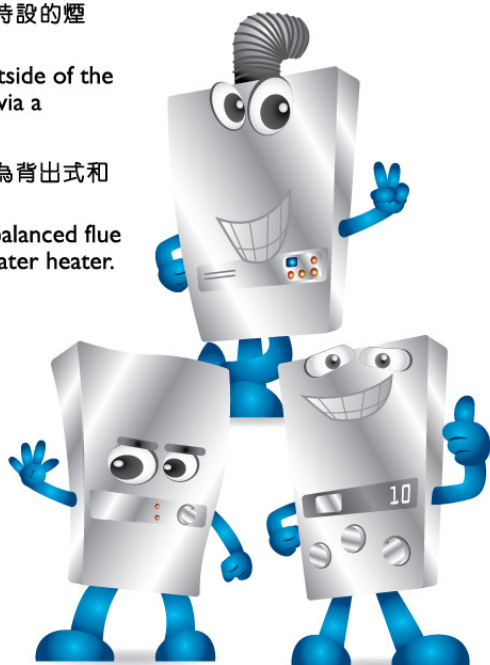
熱水爐有四種方式排出廢氣：  
包括密封對衡式、  
普通煙道式（機動排煙）、  
普通煙道式（自然排煙）和無煙道式。

There are four ways for gas water heaters to discharge exhaust gas:  
via a room-sealed balanced flue,  
through use of a fan, via an open flue  
and via a flueless water heater.

### 密封對衡式（包括機動抽氣式和自然排氣式）熱水爐

Room-sealed Balanced Flue Water Heaters  
(including fan-assisted and natural draught water heaters)

- 煙道完全密封，與房間隔離。  
The flue is completely sealed and separated from the room.
- 新鮮空氣由屋外引進爐內，燃燒後的廢氣則由特設的煙道排出屋外。  
Fresh air is introduced into the heater from outside of the building, and flue gases pass out of the building via a special duct.
- 其中機動抽氣密封對衡式熱水爐煙道位置又分為背出式和頂出式。  
The flue outlet for a fan-assisted room-sealed balanced flue water heater is at the top or the back of the water heater.
- 使用此款熱水爐毋需把窗戶打開。  
There is no need to open the window when using this type of water heater.
- 爐具煙道出口必須設於空氣流通的位置。  
The flue outlet must be located in a place with good ventilation.





## 2 普通煙道式（機動排煙）熱水爐 Fan-assisted Water Heaters

- 此熱水爐須利用室內空氣助燃，因此室內須設有通風口，讓氣體完全燃燒並把廢氣適當地排出。  
This type of water heater requires indoor air for combustion, therefore there must be a ventilation outlet in the room to ensure adequate air supply for complete combustion of gas and for proper flueing.
- 為了確保風扇正常運作，使用時須開啟電源。  
In order to run the fan properly, the electricity supply must be turned on when using the water heater.



## 3 普通煙道式（自然排煙）熱水爐 Open Flue (Natural Draught) Water Heaters

- 此熱水爐須利用室內空氣幫助燃燒。  
This type of water heater requires indoor air for combustion.
- 當使用此熱水爐時，必須把窗戶打開，以確保室內空氣流通（如果您仍使用此款熱水爐，請改用密封式熱水爐）。

A window in the room must be kept open when using this type of water heater to ensure good ventilation. (We recommend upgrading such heaters to room-sealed models.)

## 煤氣熱水爐 Gas Water Heaters

### 4 無煙道式（洗碗盤）熱水爐 Flueless (Sink) Water Heaters

- 1999年《氣體安全（裝置及使用及雜項）（修訂）規例》於2000年4月1日生效，禁止出售或安裝無煙道式熱水爐，並於同年7月1日禁止無煙道式熱水爐供浴室或淋浴間使用。  
The Gas Safety (Installation and Use and Miscellaneous) (Amendment) Regulation 1999, which came into effect on 1 April 2000, expressly prohibits the sale and installation of all flueless sink water heaters. The use of this type of heater in bathrooms or showers has been banned since 1 July 2000.
- 此熱水爐須利用室內空氣助燃。  
Flueless sink water heaters require indoor air for combustion.
- 不可安裝在設有空氣調節的房間內使用。  
Flueless sink water heaters should not be used in a room with air-conditioning.
- 使用時，必須確保窗戶打開。  
A window must be kept open when using this type of water heater.
- 只可作供應熱水予洗碗盤之用。  
This type of heater should be used to provide hot water for sinks only.
- 不可連續使用超過五分鐘。  
This type of heater should not be used continuously for more than five minutes.
- 如正使用此款熱水爐，我們建議應盡快更換為密封式熱水爐。  
If you are using this type of heater, we recommend replacing it with room-sealed balanced flue water heater.



## 使用恆溫熱水爐注意事項

### Operating Procedures for Water Heaters

預熱功能 \* 提供預熱功能的型號，在遙控器上會備有「預熱」或「循環」掣

Preheat Function (Models with preheat function would have a "Preheat" or "Circulation" button on its remote control)

1. 設定熱水溫度，按遙控器上『預熱』掣，綠色顯示燈隨即亮著。熱水爐會自動運作將水加熱至所設的溫度。系統會連續運作直至再按『預熱』掣才停止。  
Select the desired water temperature, then press the "Preheat" button on the remote control. The green indicator light will come on and the heater will automatically start to heat up the water to the set temperature. The system will continue running until the "Preheat" button is pressed again.
2. 於不需要使用時，可將『預熱』掣關上，以節省煤氣耗量。  
只需按下『預熱』掣，預熱功能便會停止而顯示燈會隨即熄滅。  
注意：如預熱功能已啟動一段長時間，在使用熱水前，先查看遙控器所顯示的設定溫度，以避免燙傷。  
To save gas, turn off the "Preheat" button when not in use by pressing the button again. The indicator light will go off.  
Note: If the preheat function has been switched on for a long time, check the temperature setting displayed on the remote control before using hot water so as to prevent scalding.



## 預防病菌滋生

### Prevention of Bacteria Growth

- 若熱水爐已停用超過一星期，於使用前應將滯留於水管內的水先排走。  
If the water heater has not been used in more than a week, drain the stagnant water in the pipes before resuming use.
- 進行排水時請盡量避免產生水霧，應使用延伸水管連接出水口及排水位。  
Avoid splattering during draining by using an extension pipe to connect the water outlet to the drain.
- 為節省能源和防止細菌滋生，不應長時間啟動預熱循環而不使用熱水。  
不使用熱水時，應將熱水爐完全關閉。  
To conserve energy and prevent bacteria growth, switch off the water heater completely when not in use.

# 安全使用煤氣爐具 • Safety Tips for Using Gas

## 其他安全特點

### Additional Safety Feature

當故障發生時，故障訊號會立即顯示在控制器的顯示屏上。  
當查詢或預約維修服務時，請說出故障號碼。

An error message with a number will appear on the digital monitor of the control panel in case of malfunction. Please quote the number displayed when scheduling maintenance service.

假如因水壓不足而導致水溫忽冷忽熱，便應：

If water temperature fluctuates due to low water pressure, you should:

1. 改用水孔較大的花灑頭或口徑較大的花灑喉。  
Use a shower head with bigger pores or a hose with a larger bore.
2. 把熱水水龍頭調校至最大位置，然後將火力調節掣推至較低火力位置；如有需要，可同時將水溫掣轉至較熱位置，然後才調校冷水的出水量。  
Turn the hot water all the way up and turn down the flame. If necessary, increase the water temperature before adjusting the cold water flow.



## 暫停供水後注意事項

### Appropriate Procedure after Suspension of Water Supply

如果家中曾暫停供水，請勿使用熱水爐。恢復供水後應打開所有冷水龍頭，以沖走水管內之沉積物，直至水質變清，才可使用熱水爐。

Do not use the water heater immediately after suspension of water supply. Upon resumption of water supply, run water from the cold tap to clear any dirt that may have accumulated in the water pipe before using the water heater.

## 其他注意事項

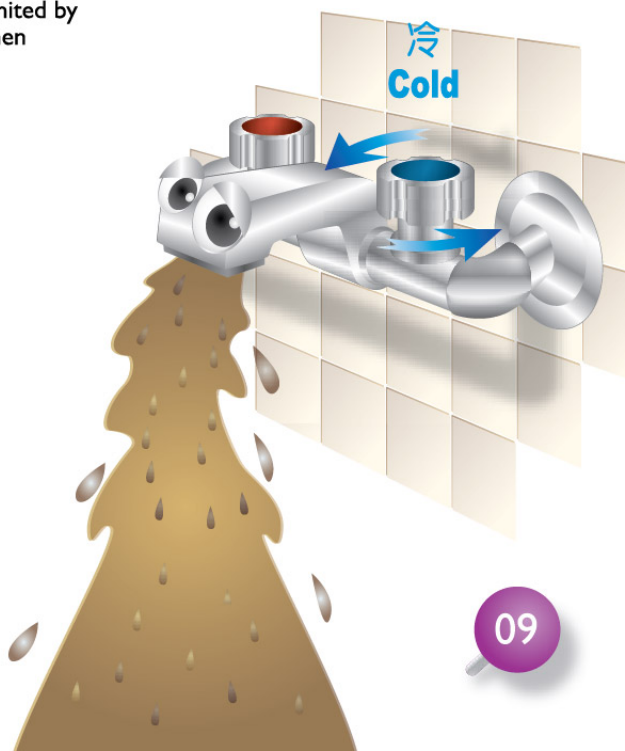
### Other Guidelines

如家中設置有火種的舊款熱水爐，在潮濕的季節長留火種，以便打火。

Older water heater models may be ignited more easily if the pilot flame is kept on during humid weather.

當電子點火熱水爐的點火頻率變慢時，應更換電池。

If the flame in your water heater is ignited by battery, please replace the battery when ignition spark weakens.



# 安全使用煤氣爐具 • Safety Tips for Using Gas

## 煤氣煮食爐 Cooking Appliances

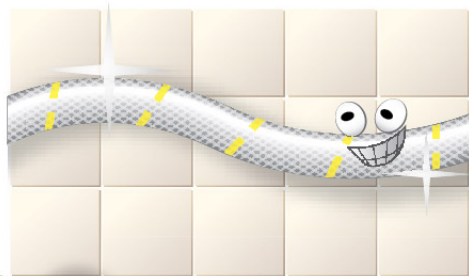
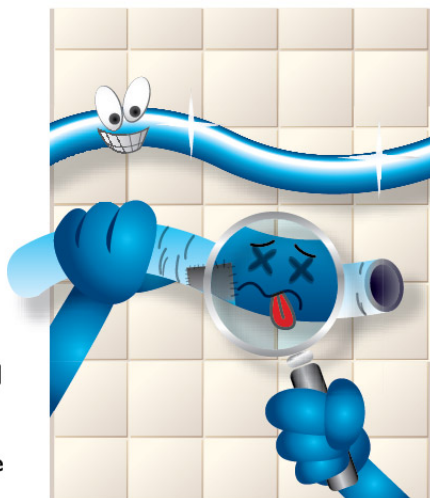


使用煮食爐時，  
請打開窗戶、開動抽氣扇或  
抽油煙機，使空氣流通。

When using cooking appliances,  
keep windows open and switch on an  
exhaust fan or range hood to ensure  
good ventilation.

爐具膠喉須定期檢查，並按膠喉上所顯示的期限期  
或之前更換。

Check the condition of the rubber hose regularly  
and replace it on or before the expiry date on the  
rubber hose.



爐具不銹鋼織網軟喉須定期檢查，  
並請留意用喉期限，每十年更換  
一次。

Check the condition of the  
stainless steel braided flexible  
hose regularly and note its expiry  
date. Replace it at least once every  
ten years.

# Appliances

應使用適當器皿配合爐架煮食。避免讓食物溢瀉，並須經常清理爐具，以免爐頭積聚油污，引致不正常燃燒及損壞爐具。

Use utensils that are suitable for the pan support of the appliance. Avoid spills as much as possible and clean the appliance regularly to avoid grease accumulation, which can pose a fire hazard and damage the appliance.



切勿把易燃物品放在爐具旁邊。

Do not put flammable items near cooking appliances.

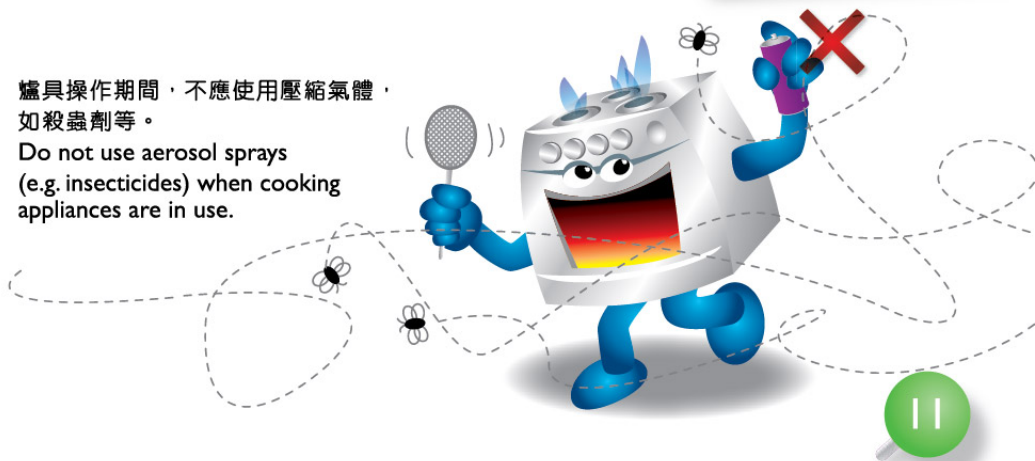
切勿以硬物撞擊或將重物放置於玻璃面板。

Do not impact the glass surface with hard objects or place heavy objects on the glass surface.



爐具操作期間，不應使用壓縮氣體，如殺蟲劑等。

Do not use aerosol sprays (e.g. insecticides) when cooking appliances are in use.

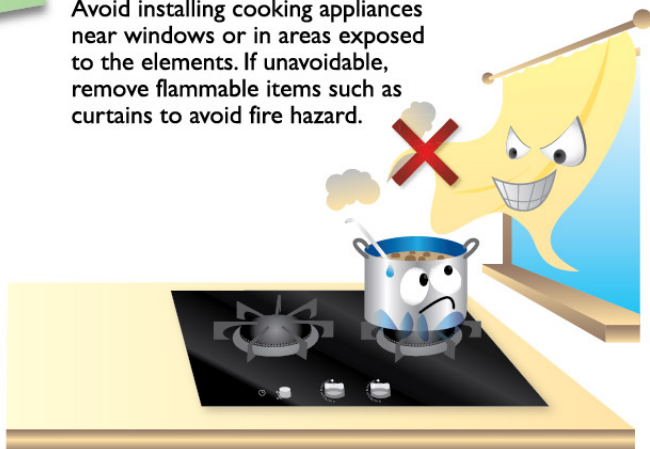


# 安全使用煤氣爐具 • Safety Tips for Using Gas

## 煤氣煮食爐 Cooking Appliances

切勿把爐具安裝在窗戶附近或當風位置。若無可避免，請留意附近是否有易燃物件（如活動窗簾），以免引起火警。

Avoid installing cooking appliances near windows or in areas exposed to the elements. If unavoidable, remove flammable items such as curtains to avoid fire hazard.



請勿使用錫紙碟，以免影響點火及火力。  
Please do not use aluminium mats on the drip pan as this could affect both ignition and efficiency of the burner flame.

如果電子點火煮食爐的火花柔弱，應把爐內電池更換。

When the spark of a battery-ignited appliance becomes weak, replace the battery.



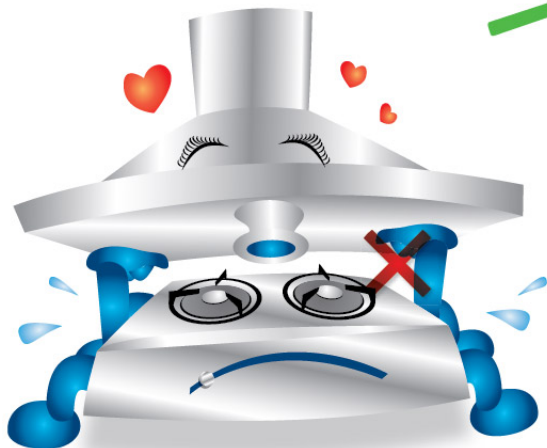
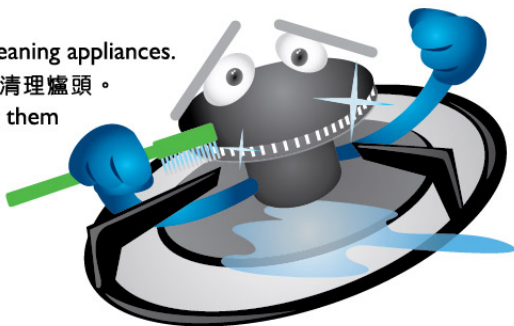
# Appliances

清潔爐具時應戴上保護手套。

Wearing protective gloves when cleaning appliances.

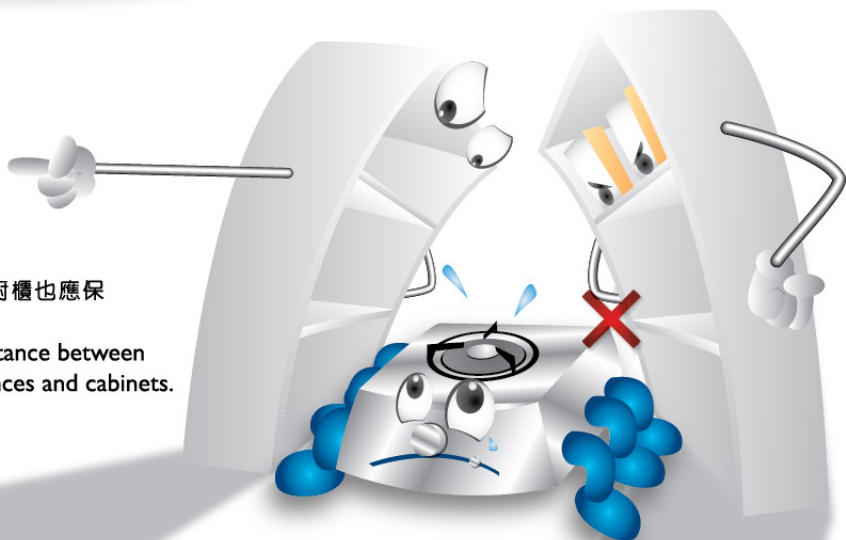
爐頭應保持清潔，可以使用小刷子清理爐頭。

Keep the burners clean by cleaning them with a small brush.



抽油煙機與煮食爐之間應保持適當距離及保持清潔。

Keep a safe distance between the range hood and the cooking appliance, and keep them clean.



煤氣煮食爐跟廚櫃也應保持距離。

Keep a safe distance between cooking appliances and cabinets.

# 安全使用煤氣爐具 • Safety Tips for Using Gas

## 煤氣煮食爐 Cooking Appliances

### 煮飯功能

#### Rice Cooking Function

煤氣煮飯寶座檯煮食爐除具備一般的煮食功能外，更設有內置飯煲，飯熟自動熄火。完成自動煮飯程序後，必須將控制鈕按至「關」位置，確保安全。

In addition to general cooking functions, Towngas Superbowl Hotplates contain a built-in rice cooker that will automatically switch off when the rice is cooked. However, you still need to press the control knob to "off" after the rice is cooked to ensure safety.

#### 使用內置煮飯寶注意事項：

#### Safety Guidelines for Using Built-in Rice Cookers:

1. 點火時必須先將飯煲放進爐內，以免明火將爐身內壁燒焦。  
Put the rice container into the cooking compartment before you light the flame in order to avoid burning the inner surface of the cooking compartment.
2. 確保使用隨爐附送的煲蓋。  
Always use the lid that comes with the rice container.
3. 煮飯時不可堵塞爐頂排氣口。  
While cooking rice, do not block the discharge outlet on top of the appliance.
4. 取出及放入飯煲時，小心保持平衡，以免傾倒。  
When inserting or removing the rice container, make sure you balance it carefully to prevent it from overturning.
5. 煮飯不可使用太多的水，以免米水溢出。  
To avoid spills, do not put too much water into the container.



## 智能煮食功能

### Intelligent Cooking Function

部份座檯煮食爐及嵌入式煮食爐備有煲飯、三種油溫設定、煎炸及沸水功能。使用沸水程式時，水滾後須持續保溫五分鐘後自動熄火，確保食水衛生。另設有預校熄火型號，只須預先設定時間，在指定時間過後，便會自動熄火。

The water boiling function will continue to heat the water that has reached the boiling point for five more minutes to ensure complete sterilisation, after which the flame will switch off automatically. Models with a Timer Function will automatically switch the burner off automatically at pre-set time.



### 使用智能煮食爐注意事項：

#### Safety Guidelines for Using Hotplates with Intelligent Cooking Function:

1. 煲飯時，必須將火力調至「煲飯」位置及按亮「煲飯」按鈕，以免將飯燒焦。  
When cooking rice, slide the Flame Adjustment Lever to "Rice Cooking" and press the "Rice Cooking" switch to prevent the rice from burning.
2. 使用自動調溫作煎炸時，油量不可少於200毫升，否則可能會令煎油著火。  
When using the automated temperature control function for frying, use at least 200 ml of oil to prevent the oil from catching fire.
3. 不要用硬物劇烈碰撞智能爐頭溫度感應器，應檢查感應器是否順滑地上下移動。  
Avoid impacting the sensor of the intelligent burner with any hard objects. Please check whether the sensor glides smoothly.
4. 完成自動程序熄火後，必須將控制按至「關」位置，以確保安全。  
When the burner shuts off automatically after cooking with an intelligent programme, always turn the control knob to "off" to ensure safety.

# 安全使用煤氣爐具 • Safety Tips for Using Gas

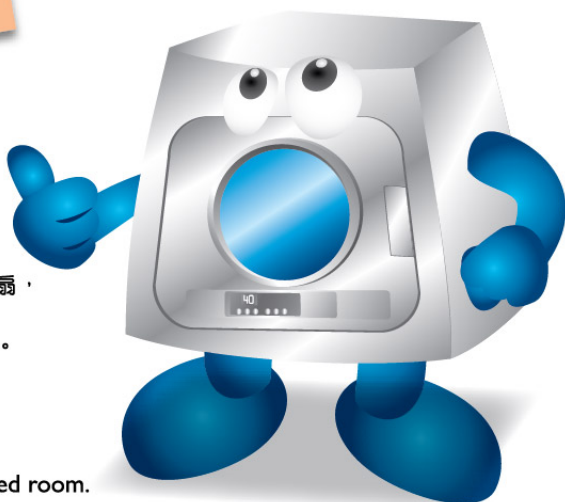
## 煤氣乾衣機 Gas Dryers

使用時，打開窗戶或開動抽氣扇，  
使空氣流通。

切勿在密閉的房間使用乾衣機。

During the drying process,  
keep all windows open or  
switch on an exhaust fan to  
ensure good ventilation.

Do not use the dryer in a closed room.



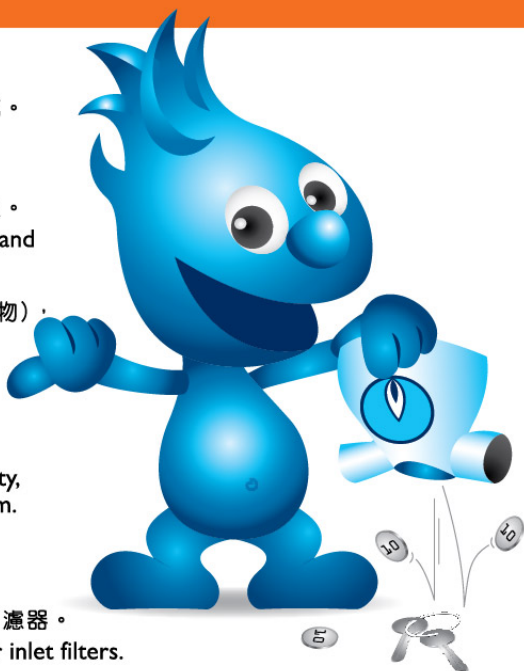
### 使用煤氣乾衣機注意事項：

#### Safety Guidelines for Using Dryers :

1. 不可焗乾含有液體燃料（如火水）或腐蝕性液體（如漂白液）的衣物，並注意洗水標籤上的指示，確保衣物可用乾衣機烘乾。  
Never dry clothes soiled with liquid fuels (e.g. gasoline) or corrosive liquids (e.g. bleaching agents). Also check the care label to ensure that the clothes are suitable for machine drying.
2. 乾衣機頂部排濕口必須保持暢通。  
Keep the humidity outlet on top of the gas dryer clear to provide good ventilation.
3. 如乾衣機使用排濕管，須注意喉管是否沒有損壞及連接穩固，以確保濕氣排出。  
If your dryer is connected to a humidity duct, ensure the duct is in good condition and securely fixed so that water vapour will be discharged efficiently.

# Appliances

4. 乾衣機底部不可放置雜物，以免堵塞通風系統。  
Keep the bottom part of the dryer clear to avoid ventilation blockages.
5. 乾衣前必須以清水洗淨衣物，並以洗衣機脫水。  
Ensure that clothes have undergone the wash and spin cycles before drying.
6. 放進乾衣機的衣物不可太濕（即大量滴水的衣物），以免發生漏電危險。  
To avoid the possibility of electric shock, do not put dripping wet clothes into the dryer.
7. 清除衣物袋內的所有東西，如鎖匙及硬幣。  
Make sure the pockets of the clothes are empty, especially of keys and coins, before drying them.
8. 使用乾衣機不可超重。  
Do not overload the machine.
9. 應經常檢查及清理外層和內層隔濾網及鮮風隔濾器。  
Regularly check and clean the lint, back and air inlet filters.
10. 若閣下仍在沒有GU標誌的爐具，我們建議盡快更換附有GU標誌的爐具。  
If you are using gas appliance without GU marked, we recommend replacing with GU marked gas appliance.



我過重了！  
I am overloaded!

## 其他安全事項 • Other Safety Guidelines

切勿在煤氣喉管或煤氣錶附近擺放睡床。  
Do not place beds near gas pipes  
or gas meters.

切勿自行拆卸或改動煤氣喉管，請  
聘用註冊氣體工程承辦商，或致電  
煤氣公司客戶服務熱線2880 6988  
安排有關服務。

Do not remove or change the  
location of any gas pipes by  
yourself. Please hire a Registered  
Gas Contractor or call our  
Customer Service Hotline  
2880 6988 to arrange  
a service appointment.

如出外旅遊，請謹記關掉爐具及煤氣錶掣。

Before going on holidays, turn off all appliances and the gas meter control valve.

請勿掛雜物於煤氣喉管或裝置上。

Do not hang up materials on the gas piping or  
installation.



# 把握家居裝修期 更新煤氣喉管好時機

## Take Advantage of Home Renovation Projects to Renew Your Gas Pipes



如閣下剛新居入伙或正計劃裝修家居，便應利用此機會更換全屋之煤氣喉管，以提升家居安全。

Whether you have just acquired new property or are planning a home renovation project, take the opportunity to renew the gas pipes in your home to ensure safety.

在家居裝修期間內更新煤氣喉管，有機會可共用裝修的資源(如棚架)，並減少重複的工程如修復牆身、瓷磚，以及地台等工序。

Renewing gas pipes during home renovation can make efficient use of shared resources such as scaffolding and eliminate work duplication such as wall, tile or flooring repair.



煤氣公司推出「更新全屋煤氣喉管九折優惠計劃\*」鼓勵客戶以優惠價格更新全屋煤氣喉管，提升家居安全。

Towngas has introduced the Household Gas Pipe Renewal 10% Discount Programme\* to encourage customers to renew their household gas pipes to enhance home safety.

\* 優惠計劃如有更改或終止，恕不另行通知。

\* The discount programme is subject to change or termination without prior notice.



## 提升家居安全 安心使用煤氣

## Ensure the Safety of Your Home for Greater Peace of Mind while Using Towngas

為確保家居安全，業主有責任定期為其物業的煤氣喉管安排檢查及作出更新。若煤氣喉管安裝於潮濕位置，有機會加速管道老化，導致生銹及洩漏。

For the safety of occupants, property owners should take responsibility for arranging regular gas pipe inspections and renewal. Gas pipes installed in humid surroundings are susceptible to accelerated aging, leading to rust and leakage.

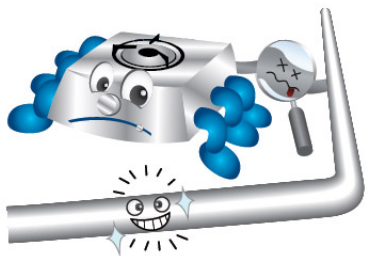


## 專業估價服務 免費安全檢查

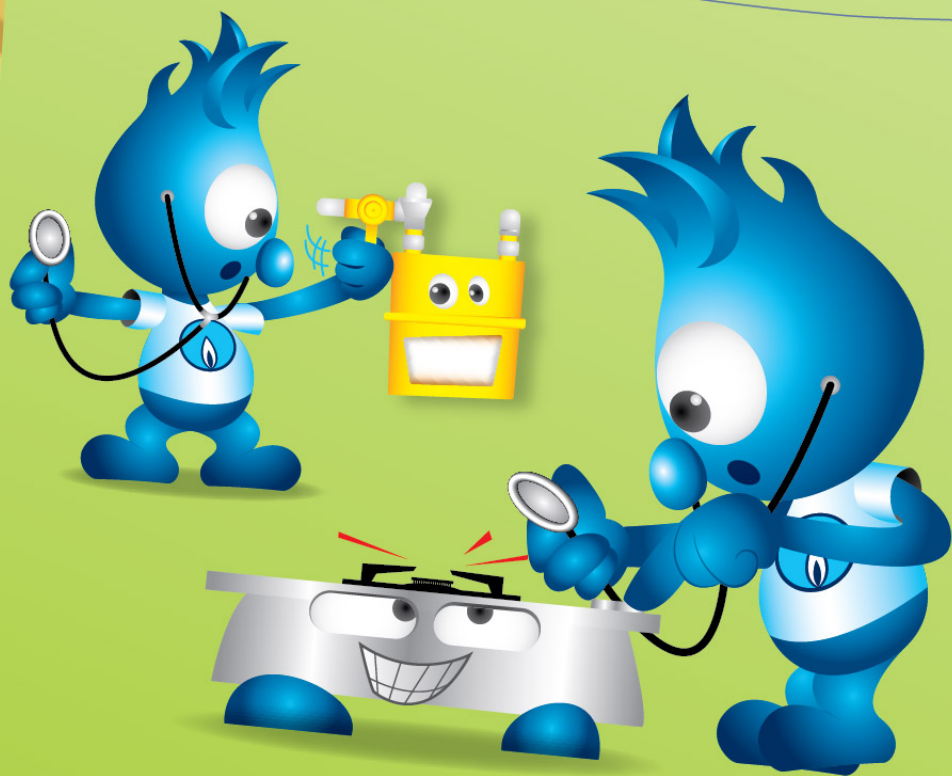
## Professional Cost Estimation and Free Safety Inspection

客戶如需要更換煤氣喉管，我們可安排技術員提供專業、可靠的估價服務。此外，煤氣公司亦為現有客戶提供免費的安全檢查服務，令客戶安心使用煤氣。歡迎致電24小時客戶服務熱線2880 6988查詢及安排預約。

For customers seeking to replace their gas pipes, our technicians provide professional and reliable cost estimation services. Towngas also provides free safety inspections for existing customers to ensure the safe use of gas. For enquiries or appointments, please call our 24-hour Customer Service Hotline 2880 6988.



## 定期安全檢查 • Regular Safety Inspections



為確保家居安全，煤氣公司推行定期安全檢查計劃，安排合資格的註冊氣體技術員每隔18個月到訪客戶家中，檢查煤氣爐具、相關裝置和室外喉管，以防患於未然。客戶亦可致電煤氣公司客戶服務熱線2880 6988安排有關服務。

In order to ensure your peace of mind, Towngas has introduced a Regular Safety Inspection Programme. Our registered gas technicians will visit your home every 18 months to carry out comprehensive safety inspections, which include checking all gas appliances and relevant installations and testing external service risers. You may also call our Customer Service Hotline 2880 6988 to arrange the above services.

# 環保煮食貼士 Green Cooking Tips

煤氣公司一向致力保護環境，減少溫室氣體排放。我們特別介紹多項環保煮食貼士，讓客戶在使用煤氣時能提高能源效益，共同為環保出一分力，同時節省燃料開支。

Towngas is committed to protecting the environment, especially through the reduction of greenhouse gases. Here are some green cooking tips to help maximise energy efficiency while reducing energy costs.



## 一般煮食 GENERAL



選擇大小適中的煮食器具，並確保煮食器具的底部能夠完全把爐火覆蓋  
Use cookware that is the appropriate size for your stove top, so that the flame is completely covered

可節省能源之開支及減少碳排放高達30%。  
Your energy cost and carbon emission may be reduced by up to 30%.

## 定期清潔爐頭

### Keep your cooking burner clean

佔有大量污垢的爐頭可能會增加能源開支及碳排放達7%，也會加長煮食時間高達30%。

An extremely dirty burner may lead to additional energy cost and carbon emission of up to 7%, and cooking times that are potentially 30% longer.



### 溫馨提示 Extra Tip:

火焰顏色變黃顯示  
爐頭有污垢

A yellow flame is  
usually a sign of a  
dirty burner





## 煎、炒、炸

## Frying, Stir-frying and Deep-frying

使用平底鍋煎炒較少量的食物時，把食物集中於鍋的中心與外圍之間的位置移動

**When pan-frying small amounts of food, try arranging the food in a circle around the centre of the pan, keeping away from the edges**

可減少能源開支、碳排放及煮食時間達10%。

Energy cost, carbon emission and cooking time may be reduced by up to 10%.



### 溫馨提示 Extra Tip:

盡量於同一時間煎炒較多的食物，這可令更多的熱能從平底鍋傳送到食物中，從而增加煮食時的能源效益

Try cooking more food at one time so that heat from the pan is not wasted and the food is cooked more efficiently

炸食物時，盡量使用薄鑊代替平底鍋，可減少食油的用量

**When deep-frying, try a thin-walled wok instead of a frying pan so that less oil will be needed**

可減少在食油預熱時的能源開支、碳排放及煮食時間高達30%。

Energy cost, carbon emission and cooking time may be reduced by up to 30%.



# 環保煮食貼士 Green Cooking Tips



蒸、燉

Steaming and Simmering

盡量減少煮食或蒸煮時所用的水

Try reducing the amount of water used

例如，增加60%的用水量會增加能源開支、碳排放及煮食時間高達50%。

For example, a 60% increase in water could lead an increase of up to 50% in energy cost, carbon emission and cooking time.

! +50%

碳排放  
carbon emission

若增加60%的用水量  
If increase 60% water for preheating



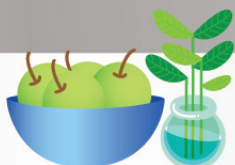
-25%

碳排放  
carbon emission



蒸煮食物時，當水溫到達沸點時調低火力  
When steaming, switch power to low as soon as the water boils

調低火力可節省能源支出及減少碳排放達25%。  
Energy cost and carbon emission may be reduced by up to 25%.





**盡量使用金屬器皿來蒸煮食物**  
**Where possible, steam your food using a metallic container rather than a ceramic one**

與使用陶器器皿相比，可減少能源開支、碳排放及煮食時間達25%。

Energy cost, carbon emission and cooking time may be reduced by up to 25%.

**蒸煮食物時，盡量於開火前將食物放入煮食器具內**  
**Where possible, place food inside the cookware before turning on the power for steaming**

可節省能源支出及減少碳排放5%，也可減少煮食時間達10%。

Energy cost and carbon emission may be reduced by up to 5%, and cooking time shortened by up to 10%.

**溫馨提示 Extra Tip:**

這做法不適用於蒸煮生肉及新鮮魚，因可能會影響肉質

This is not recommended for steaming raw meat and fish, since it may affect the texture of the food



如果你同時實行上述多項建議，將可達到更佳節能效果，也可節省更多能源開支。

Want to increase your savings even further? Try putting several of these tips into practice at the same time.



Remarks備註:

• The results of the above tips were obtained from experiments conducted using gas cooker model TGC R-22. 上述貼士的節能數據經進行實驗而得出，而實驗中所使用的氣體爐具型號為TGC R-22。• The savings that one can achieve could be affected by cooking conditions and environment. 節能效果會因實際煮食狀況及環境而受到影響。