

Making a Healthy Kitchen

創造健康的廚房

1. Sweep carefully 小心掃地

When you sweep, cover nearby food and drinks. If possible do not sweep when people are eating or drinking nearby, or at least sweep gently and use a covered pan. Sweeping makes dust airborne and it could settle in food and drink. In urban areas dust often contains various pollutants. 在市區的灰塵含有污染物，掃地會讓灰塵飄在空氣中，進到食物裡，所以掃地時，要把食物跟飲料蓋起來。用餐時最好別掃，或者用有蓋子的畚斗慢慢掃。

2. Maintain air quality 維持空氣品質

Keeping doors and windows closed in places by busy roads can improve indoor air quality, but remember to keep some air circulation. Plants, flowers and air purifiers can also help clean the air. 若在大馬路旁邊，把門跟窗戶關起來可改善室內的空氣品質，可是要記得保持通風。室內植物、花及空氣清淨器也能淨化空氣。

3. Maintain water quality 維持水品質


In many places it is best to use a good water filter, and then boil before serving. It's often possible to arrange for a free check of your water quality by contacting the local water supplier. 使用好的淨水器，水煮開後再使用。平常可以跟自來水公司聯絡，免費檢測你家裡水的品質。

4. Keep food covered 食物要封起來或蓋起來



Keep food, drinks, and sauces covered or sealed to prevent contamination by insects, dust, saliva, and pollutants. Never put food directly on the floor, or leave it exposed to the rain. 為了避免被蟲、灰塵、口水或污染物污染到，食物、飲料與醬料要蓋起來。別把食物直接放在地上或接觸到雨水。


5. Use less plastic 少用塑膠

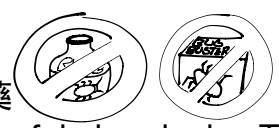
Many plastics contain harmful chemicals. It is best to avoid using plastic containers and utensils with hot food. Wood, stainless steel, iron, china and ceramic are normally safer. If you must use plastic ensure it is heat resistant and contains no BPA. Never put plastic into a microwave oven unless microwave safe. Do not wrap food for long periods in cling film - especially creams and cheeses - and make sure the cling film contains no PVC. Remove cling film carefully and slowly from food. 許多塑膠包含危險的化學物，要避免用塑膠餐具盛裝熱食。一般來說木頭、不鏽鋼、鐵、陶器或陶瓷做的餐具比較安全。如果非用塑膠不可，必須確定它可耐熱，也不含BPA。不要把塑膠放進微波爐，除非確定是可耐微波的。避免長時間把食物包在保鮮膜裡（特別是奶油或奶酪/起士），並且確定它沒有PVC。拿出食物時不要亂拆保鮮膜，小心翼翼地移除。


6. Don't cut food in plastic or paper 別切割用塑膠或紙包起來的食物 
Food should never be cut while rolled up or wrapped up in plastic or paper. Remove the food and then cut. If wrapping and food are cut together then residues of the wrapping may go into the food. 不要切用塑膠或紙包起來的食物，應該先把食物拿出來再切。透過包裝材料來切的話，包裝材料殘留物會進入食物。

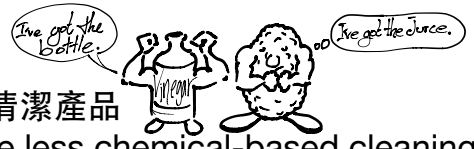
7. Wash food well 把食物洗乾淨 
Wash fruit and vegetables well before cooking or serving, even if "organic". Preferably use drinkable water. 烹飪或食用前，菜都要清洗，包括有機蔬菜。最好用可喝的水來洗。

8. Don't use disposable chopsticks 別用免洗筷 
Don't use disposable chopsticks or cutlery. They are wasteful and a health hazard. 別用免洗筷或免洗食具。避免浪費和對健康造成威脅。 

9. Create sealed rodent proof kitchens 創造杜絕蟑螂鼠的廚房 
If possible ensure your kitchen is sealed so that rodents cannot enter. Also keep dishes, cups and kitchen utensils in sealed containers. 為了避免老鼠進來，若有孔洞請封起來。將餐具放在密閉容器裡。

10. Do not use insecticides or poisons 別用殺蟲劑或毒藥 
Avoid using insecticides or poisons: they often contain harmful chemicals. There are many humane and safe pest control solutions (see: Peacemakerfoundation.com for a list). 避免用殺蟲劑或毒藥。它們含有害的化學物。有很多更人道及安全的方法控制蟲害（請參考Peacemakerfoundation.com網站）。

11. Separate cleaning items 清潔工具分類 
Use separate cleaning tools for dishes and surfaces. 清潔碗盤與桌子時，使用不同的清潔工具。

12. Use natural cleaning solutions 使用天然清潔產品 
To reduce exposure to unhealthy chemicals use less chemical-based cleaning products. Use natural cleaning solutions such as apple cider vinegar and lemon juice which can clean surfaces well and combat mould. 為了避免接觸有害的化學物，盡量別用有化學物的清潔產品，用自然的清潔產品，像蘋果醋或檸檬汁，它們能把平面洗得很乾淨，也能對抗黴菌。

This poster is at Peacemakerfoundation.com

The Peacemaker Foundation. Boosting the Health of the Mind, Body & World through Creative Ideas & Education.

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