

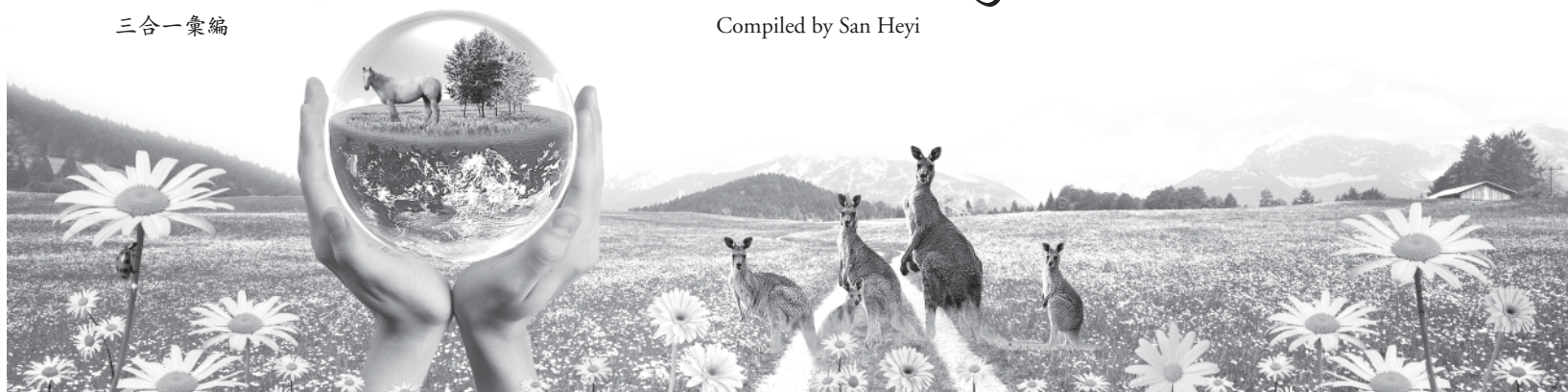


綠色生活在聖城 (續)

三合一彙編

Green Living at CTTB (Continued)

Compiled by San Heyi



把飲食綠化 (續)

洗米前先浸泡十分鐘

洗米前先浸泡10分鐘，然後再用電飯鍋煮，可大大縮短煮食時間，節電約一成。每戶每年可因此省電4.5度，相應減少二氧化碳排放4.3千克。

盡量避免抽油煙機空轉

在廚房做飯時，應減少抽油煙機的使用時間，以避免長時間空轉。如果每台抽油煙機每天減少空轉10分鐘，1年可減少二氧化碳排放11.7千克。

減少油煙的炒菜方式

最根本的方式，除了多用水煮或清蒸之外，就是改用這個減少油煙的炒菜方式：預熱炒菜鍋時先放一杯水，水熱後倒菜、加調味，拌勻後蓋鍋燜一下，起鍋前再加油拌炒一下即可。這樣煮既省油、省時又減少油煙，自然也減少清理廚房的時間和使用清潔劑。

拒絕一次性即棄筷子、調羹或餐盒

中國每年生產800億雙即棄筷子，首尾相接，可以從地球往返月球21次，可以鋪滿363個北京天安門廣場，每年為生產即棄筷子減少森林蓄積200萬立方米。

- 多在家裡進餐，少上館子，可減少浪費及污染。
- 養成隨身攜帶杯子、筷子、手帕、購物袋的好習慣。

Green Your Food (Continued)

Soak (White) Rice for Ten Minutes before Washing

Soak rice for about ten minutes before washing, and cook in a rice cooker. This will greatly shorten the cooking time and save about 10% of energy. If every household saves around 4.5 degrees of energy each year, 4.3 kilograms of carbon dioxide emission will be eliminated.

Avoid Idling of Range Hood

Reduce prolonged idling of range hoods during cooking. Ten minutes reduction of idling a day over a year will result in about 11.7 kg less carbon dioxide emission.

Avoid Smoking the Oil When Cooking

Other than boiling and steaming, the most common way of cooking is to heat the oil to smoking, then stir-fry. To save oil and time and to reduce fumes in the kitchen, try this method: Preheat the pan with a cup of water. Add the food and seasonings. Stir and cover. Allow it to braise until tender. Add salt and oil, and then transfer to a serving dish. This method also cuts down on cleaning time and the use of cleaning agents.

Avoid Using One-time Disposable Chopsticks, Spoons and Lunch Boxes

China makes about 800 billion pairs of disposable chopsticks annually. If lined up, they can travel from the earth to the moon 21 times or cover Beijing's Tiananmen Square 363 times over. In order to produce these chopsticks, 200 million cubic meters of forest are cut down each year.

- Dining at home and eating out less can reduce waste and pollution.
- Develop the habit of taking your own cup, utensils, napkins, and grocery bags when going out.



- 使用可重複使用的餐具與環保筷，既衛生又減碳。
- 多自製飲品、食品，有益又省錢，更保護環境。
- 食物添加劑及高度加工的食品，往往對人及環境都有害，更浪費資源、污染環境，盡量少吃，避之則吉。
- 盡量選擇當季當地食材食用，減少因長程運送而產生的碳排放。
- 多素食，不但有利個人健康，地球更減少破壞。素食卻可以大大減少畜牧業和養殖、捕食水產所產生的破壞。
- 即溶飲品、食品，浪費資源、污染環境，盡量少吃。
- 盡量用散裝茶葉，少泡茶包，可節省資源，減少污染。
- 自己種植有機蔬果，及堆肥裝置，既有益身心又有收穫的滿足。
- 在家裝濾水器供應飲用水，外出及遠足自備水壺，少買瓶裝水及其他飲料，如需飲用瓶裝水，也以本地生產製造為宜。
- 盡可能餵母乳及自製嬰兒食品，不用嬰兒奶粉及市售之嬰兒食品。
- 多用真空煲及高速煲，既省燃料又省時間，更保存營養。
- 盡量用蒸、煮的方法煮食，少焗、少燉，節省燃料。
- 多多利用保溫瓶、悶燒鍋等不需使用電力卻可持續保溫的器具，不需多耗電力，卻隨時可以有熱食、熱飲食用。
- 盡量用玻璃或陶瓷密封盒或瓶來盛載食物，不用保鮮膜或即棄餐盒（尤其是保麗龍餐盒），既減少浪費又安全。
- 食物應先冷卻降溫再放入冰箱，避免浪費冷能。

把衣著綠化，穿著清淡而合乎道德及生態原則的衣服。

- 化學合成纖維的衣服，製程消耗較多的能源，可以選擇天然纖維材質的衣服（棉、麻、羊毛等），降低二氧化碳排放量。
- 適量地添置衣物，買得太多會浪費資源。
- 多穿不用燙仍然得體的衣服，例如T恤，可以省電。

- Reusing your utensils and chopsticks is more sanitary and reduces carbon emissions.
- Learn to make your own drinks and food to save money and protect the environment.
- Avoid food additives and highly processed foods, which are harmful to people's health and the environment, and waste resources.
- Consume local seasonal foods to reduce carbon emissions during transportation.
- Eat a more plant-based diet. It is good for your body and the planet too. By being vegetarian, you can greatly reduce the need for factory farms and the environmental destruction caused by the raising of crops for feed, which involves intensive irrigation.
- Avoid instant drinks and foods that waste resources and pollute the environment.
- Try to use bulk tea instead of tea bags to save resources.
- Grow your own organic fruits and vegetables. You will be healthier, plus the satisfaction of the harvest will nourish your spirit as well as your body. Make your own compost.
- Install an in-home water filtration system, and bring water bottles for outings and hikes; if you need to drink bottled water, choose a local source.
- Breastfeed your baby and feed it home-made foods, instead of infant formulas and commercial baby foods, which can be harmful.
- Use pressure cookers to cook food. They save on fuel and time and preserve the natural nutrition.
- Boil and steam your food more often; baking and stewing uses more fuel.
- Make use of thermos cups, slow cookers and other appliances that hold heat so you can enjoy hot food and drinks anytime without using much electricity.
- Use glass or ceramic sealed boxes and bottles to hold food. Avoid plastic wrap and disposable lunch boxes made of styrofoam, which are harmful.
- Cool food down before storing it in the refrigerator to avoid wasting energy.

Green your clothing: Wearing simple clothing accords with moral codes and ecological principles

- Chemical synthetic fiber clothing consumes more energy in the manufacturing process; choose clothing made of natural fiber (cotton, hemp, wool, etc.) to reduce the carbon emissions.
- Minimize your wardrobe; it is wasteful to buy too much clothing.
- Wear attire such as T-shirts that don't wrinkle and need no ironing in order to save energy.
- Make alterations to old clothing to save money and resources.



- 把舊衣服改裝翻新，可以省錢又省資源。
- 多穿二手衣服，例如哥哥、姊姊傳給弟弟、妹妹。
- 做好衣物回收工作，可以幫助他人也減少廢棄物的產生。
- 乾洗衣服污染環境、危害健康，可免則免。
- 夏季時，盡量穿著輕便淺色衣物。
- 不穿皮草，減少危害生物或蓄養動物，浪費資源。
- 外出旅行也能節能減碳：外出旅行時，盡量自行攜帶毛巾、牙刷、牙膏、拖鞋等個人用品，可以減少廢棄物的產生。

給孩子舊的就可以

摘錄自宣化上人《華嚴經疏》淺釋

我告訴你們，你們有小孩子的人，給他玩具，不要買新的，給他一點舊的就可以了。為什麼呢？不但玩具不要新的，甚至於他穿的衣服，用的那個搖籃、搖車，或者坐的東西，都給他舊的就可以了，不要給他新的。因為小孩子一生出來，你不知道他在前生有沒有修行，有沒有善根，有沒有這種福報？假使他若有福報的話，有修行的話，有善根的話，你也給他慢慢用，不要一下子就用了了。所以小孩子給他一點舊的東西用，他會活得命長一點；本來壽命很短的，你盡給他一點舊的東西，他壽命也會長了。說：「這個才沒有科學的根據呢！」這個雖然沒有科學的根據，可是有哲學的根據，有哲理在裏頭。小孩子你就給他盡用新的東西，把他這個福報都給消了一些，等他長大了，本來應該有錢，喔！受窮了；本來應該活得命長，啊！壽命也活不那麼長了。所以用舊的，「減衣增福，減食增壽」，你穿的衣服省一點，有舊的衣服穿就好，那麼這就能增加你的福報；你若減食呢？所以我沒有對你們講嗎？我們現在一天吃一餐哪，我們壽命將來願意活多長就活多長。因為我們一天應該吃



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- Wear more second-hand clothing, for example elder siblings can hand their clothes down to their younger siblings.
- Try to reuse all wardrobe and related materials in order to help others and also reduce waste.
- Dry cleaning pollutes the environment and is hazardous to our health, and thus should be avoided.
- In summer time, wear lightweight and light-colored clothing.
- Do not wear fur, so as to reduce animal suffering and waste of resources.
- Ways to save energy and reduce carbon emission when traveling: bring your own towel, toothbrush, slippers and other personal items whenever possible when traveling so as to reduce waste.

Give Used Items to Kids

Excerpted from the commentary on the *Flower Adornment Sutra*

By Venerable Master Hsuan Hua

- Those of you with kids, listen. Don't give your kids new toys, just used ones. Not only toys, but clothing, cradles, baby carriages, or anything else for children should be hand-me-down's. Why don't we need these items to be new? You don't know whether a newborn has had any cultivation, good roots or blessings in past lives. If one has planted seeds of blessing, has cultivated in the past and has good roots, you want to make sure that the child enjoys these benefits gradually, rather than exhausting them all at once.
- If you give children second-hand goods, then they will live longer, those with short lives will lengthen their time on earth. You say, "There's no scientific basis for this at all." Although there's no scientific proof here, there is a philosophical underpinning. If you give children brand new things, they use up all their blessings. Maybe they were supposed to become rich when they grow up, but now they become poor instead. Maybe they were supposed to live a long life, but they die early instead. Therefore, it's better to use second-hand goods.
- You increase your blessings by minimizing your wardrobe; you increase your life span by lessening your food intake. If you're more frugal about the kind of clothes you wear, by just wearing old clothes for example, you will increase your blessings. If you decrease your food

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三餐，普通人都吃三餐，我們吃一餐，吃一餐又吃少一點，所以這省很多的食，本來活五十歲，夠我們可以活一百五十歲。這個方法是很現實的，是很實在的；現實，就現在的實實在在的。那麼說：「那我不願意活那麼大年紀，我都還是吃三餐了！」這也沒有問題的，壽命也不是什麼好事情，無壽者相嘛！那你就一天吃一百餐囉！所以小孩子給他一點舊的東西穿，舊的房子住，舊的一個搖籃，那麼這也就是說給小孩子東西，給舊的就可以了。

intake, such as by eating one meal a day, you will then live as long as you wish. Most people eat three meals a day believing that's how many they're supposed to consume. We eat only one meal and only a sufficient portion, thus saving a lot of food. Maybe we are supposed to live until we are 50 years old, but now we have enough blessings to live until we are 150 years old. This is a pragmatic approach; it's honest and realistic. If you claim, "I'd rather not live until that age – I might as well eat three meals a day!" No problem. Longevity isn't anything worthwhile especially when you are not attached to the notion of life span. That way you might as well eat 100 meals a day! In short, giving kids second-hand clothing to wear, old houses to live in, used rockers and other items are more than adequate.