

SCS visits Agriculture, Fisheries and Conservation Department (with photo)

The Secretary for the Civil Service, Mr Joshua Law, visited the Tai Tong Forest Nursery of the Agriculture, Fisheries and Conservation Department in Yuen Long today (August 14) to learn more about the work of front-line colleagues and meet with staff of various grades to exchange views on matters of concern. Joining the visit were two participants of the "Be a Government Official for a Day" programme.

Mr Law first met with the Director of Agriculture, Fisheries and Conservation, Dr Leung Siu-fai, and the directorate staff to get an update on their work in facilitating agricultural and fisheries production and conserving the natural environment as well as the challenges confronting them.

Mr Law then toured the Tai Tong Forest Nursery to see how colleagues produce tree seedlings. He learnt that the nursery produced about 400 000 tree seedlings of more than 100 species for planting and increasing the biodiversity in country parks in 2018-19.

Mr Law also watched the production of wooden products by a specialised team at the Tai Tong Regional Workshop. He said he was pleased to know that the team produces more than 250 wooden products such as shelters, information boards, tables and benches, pai lau and children's play equipment for various country parks on average every year, and turns ageing trees and dead wood into furnishings, making good use of natural resources and offering an enjoyable outdoor recreational experience for visitors.

Before concluding his visit, Mr Law met with staff representatives of various grades at a tea gathering to exchange views on matters that concerned them. He praised colleagues for their efforts and encouraged them to continue to provide quality services to members of the public with dedication.



Analytical Accounts of the Exchange Fund

The following is issued on behalf of the Hong Kong Monetary Authority:

The Hong Kong Monetary Authority (HKMA) released today (August 14) the key analytical accounts of the Exchange Fund at the end of July 2019.

Foreign assets, representing the external assets of the Exchange Fund, increased during the month by HK\$32.3 billion to HK\$3,686.2 billion.

The Monetary Base, comprising Certificates of Indebtedness, Government-issued currency notes and coins in circulation, the balance of the banking system and Exchange Fund Bills and Notes issued, amounted to HK\$1,633.1 billion.

Claims on the private sector in Hong Kong amounted to HK\$182.1 billion.

The analytical accounts of the Exchange Fund are released in accordance with the International Monetary Fund's Special Data Dissemination Standard (SDDS) and are referred to as the Analytical Accounts of the Central Bank under SDDS (Annex).

At present, four press releases relating to the Exchange Fund's data are issued by the HKMA each month. Three of these releases are issued to disseminate monetary data in accordance with the International Monetary Fund's Special Data Dissemination Standard (SDDS). The fourth press release, on the Exchange Fund's Abridged Balance Sheet and Currency Board Account, is made in accordance with the HKMA's policy of maintaining a high level of transparency. For the month of August 2019, the scheduled dates for issuing the press releases are as follows:

August 7 (Issued)	SDDS International Reserves (Hong Kong's Latest Foreign Currency Reserve Assets Figures)
August 14	SDDS Analytical Accounts of the Central Bank (Analytical Accounts of the Exchange Fund)
August 30	SDDS Template on International Reserves and Foreign Currency Liquidity

Effective Exchange Rate Index

The effective exchange rate index for the Hong Kong dollar on Wednesday, August 14, 2019 is 106.3 (down 0.5 against yesterday's index).

Lifesaving services at Golden Beach resume

Attention TV/Radio Announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department has announced that the lifesaving services at Golden Beach in Tuen Mun District resumed today (August 14). The lifesaving services at the beach were suspended earlier due to an insufficient number of lifeguards on duty.

Cooking demonstrations by star chefs at Food Expo's Less Salt Less Sugar Theme Day (with photo)

Healthy diets with reduced salt and sugar represent a trendy culinary culture. Members of the public visiting the Food Expo on August 16 (Friday) can also learn low-salt-low-sugar cooking skills by watching the demonstrations of renowned Japanese and local chefs.

Under the theme of "Low-salt-low-sugar Beyond Your Imagination", the

Less Salt Less Sugar Theme Day Star Chef Cooking Demonstration is jointly organised by the Food and Health Bureau (FHB), the Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department, the Committee on Reduction of Salt and Sugar in Food and the Hong Kong Trade Development Council. A selected day of the Food Expo is dedicated to less-salt-less-sugar cooking demonstrations with a view to encouraging the public to cultivate healthy eating habits.

As the co-organiser of the event, the Ministry of Agriculture, Forestry and Fisheries of Japan has arranged for renowned Japanese Chef Takashi Tamura to fly to Hong Kong to perform a healthy Japanese cooking demonstration in person. Moreover, local star chefs Ming Leung, Jacky Chung and Lai Wai-hung will showcase their cooking skills at the Food Expo's Gourmet Zone Star Kitchen to promote healthy and tasteful culinary diets.

Details of the cooking demonstrations are as follows:

Session 1:

Time: 11.15am to 12.15pm

Chef: Takashi Tamura

Session 2:

Time: 2.30pm to 3.15pm

Chef: Ming Leung

Session 3:

Time: 4pm to 4.45pm

Chef: Jacky Chung

Session 4:

Time: 5.30pm to 6.15pm

Chef: Lai Wai-hung

Natural tastes of food can be brought out in the course of cooking through smartly used and well-matched ingredients, combined with warm thoughts, ideas and a passion for food by the chef. Excessive salt and sugar to stimulate the taste buds will subdue the original flavor of the food.

Salt and sugar intake shares a close relationship with health. An excessive intake of salt in food may increase the risk of hypertension, stroke and heart disease, while an excessive intake of sugar may lead to obesity and dental caries. As such, the Government is committed to promoting measures to reduce the intake of salt and sugar in food.

The Government launched the Less-salt-and-sugar Restaurants Scheme early this year to encourage restaurants to offer tailor-made less-salt-and-sugar dishes to customers. Up till now, more than 300 restaurants have participated in the Scheme. In addition, more than 600 restaurants have offered less-salt-and-sugar options to customers. The list of participating restaurants can be found at the [FHB's webpage](#).

Members of the public are welcome to visit CFS' designated [Facebook page](#) or [Instagram page](#) of Hong Kong's Action on Salt and Sugar Reduction for more information on less-salt-and-sugar diets.

For information on the Food Expo and admission details, please visit the [HKTDC's webpage](#).

