



A consumer education initiative by:



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Our Environment - Sustain and Enjoy

Introduction

What is waste?

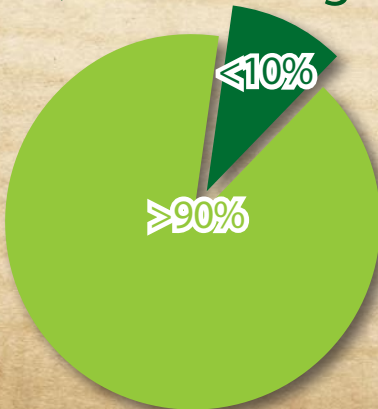
Waste (also known as rubbish, trash, refuse, garbage or junk) is unwanted or unusable materials.

How much waste are you throwing away?

Over the past 40 years, the amount of waste that we throw away for disposal in Singapore has increased from 0.438 million tonnes in 1970 to 2.63 million tonnes today, enough to fill about 310 soccer fields to an average man's height of 1.7m!



Have you wondered where your waste goes?



More than **90%** of the total waste collected for disposal in Singapore is incinerated and less than **10%** of it ends up in the landfill.

 **LANDFILL**

 **INCINERATED**

on

But, is what you throw away really waste?

Chances are, if you look carefully, most of what you throw into the rubbish bin can be reduced, reused or recycled.



Did you know?

If this rate of waste generation continues, Singapore will need to build one new incineration plant every 10-15 years and one new landfill the size of Sentosa every 35-45 years!

This is not sustainable!



So, do your part for the environment **NOW!**

-  Reduce
-  Reuse
-  Recycle



Reduce

You can do your part
to **reduce** waste!

- 🌿 Minimise food waste
- 🌿 Avoid the use of disposable products
- 🌿 Buy products with less packaging

Did you know that Food Waste constitutes about 20% of waste disposed of in Singapore?

The truth is, food doesn't have to go to waste if you

- 🌿 Plan your grocery shopping trips and buy only as much as you can eat or cook.
- 🌿 Store any leftovers and consume them before they spoil.
- 🌿 Prepare and cook only what you need for consumption.
- 🌿 Order or take just enough food when eating out. Ask for less noodles or rice if you know you cannot finish the food.

"Reduce Food Waste" Tip

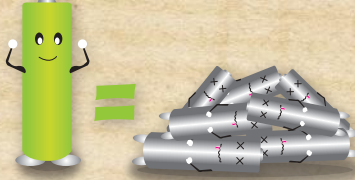
The organisation and proper storage of food in the kitchen helps to reduce waste. Allocate one area of the fridge for keeping leftovers and do a quick inventory of the fridge two to three times a week to ensure that food is not pushed to the back and left to spoil.



Using disposable products for convenience? Consider this...

FACT 1

Some rechargeable batteries can be reused 1,000 times compared to non-rechargeable batteries.



FACT 2

About 2.5 billion plastic shopping bags are used every year. You would save about 300 plastic shopping bags every year if you bring along a reusable bag on your shopping trips!

Next time, think twice before using disposable products. Make the right choice.

- Use rechargeable batteries instead of non-rechargeable ones.
- Bring along a reusable bag with you on shopping trips.
- Ask for non-disposable cutlery when eating out.
- Bring your own containers and utensils for take-aways.
- Use cloth to clean your table instead of paper towels.
- Minimise the use of disposable diapers; use cloth diapers instead.
- Use handkerchief instead of tissue paper.



rechargeable batteries



reusable bag



non-disposable cutlery



cloth



washable diapers



handkerchief

"Reduce Paper Waste" Tips at Home

- Think twice before printing that email. You can opt to keep digital copies instead.
- Choose to read your daily paper / magazines online. You can now stay informed digitally.
- Opt for online bills, reports and services.

Did you know one-third of waste from households comes from product packaging?

A simple choice you make can go a long way. Simply,

- Buy household products that are used frequently in large or economy-sized packaging.
- Buy refill packs for your cleaning and personal care products.
- Choose products with less packaging.
- Support products with packaging made from recycled and reused material.
- Choose packaging that are reusable or recyclable.
- Instead of bottled water, choose refillable bottles and refill with tap water.



Reduce

Identify the participating organisations by this logo:



Do you know that some manufacturers are also doing their part to reduce your packaging waste?

On 5 June 2007, 32 organisations came together to sign the landmark Singapore Packaging Agreement – a 5-year voluntary commitment by industry, government and non-governmental organisations to work together to reduce packaging waste in Singapore. Two years since the Agreement was signed, commendable progress has been made in reducing packaging waste. 2,500 tons of packaging waste was avoided, resulting in a cumulative savings of around S\$4.4 million. As of end June 2010, 116 organisations have joined the programme.



Examples of signatories who have made outstanding achievements:

Chinatown Food Corporation Pte Ltd



Chinatown Food has reduced the thickness of the plastic packaging for its glutinous rice balls and roti prata products, without compromising the quality of the product. The company reduced packaging material by 8.4 tons each year and saved \$36,000 per year.

Coca-Cola Singapore Beverages Pte Ltd

Through upgrading of the PET line and shortening the neck closure of its bottles, Coca-Cola has managed to reduce the weight of the 500ml PET bottle from 29.5g to 24g and the weight of the 1.5 litre PET bottle from 48g to 43g. The above measures have reduced plastic (PET) usage without compromising on the integrity of the packaging or the quality of the product.



Kentucky Fried Chicken Management Pte Ltd



KFC has reviewed its range of packaging. For example, KFC has reduced the dimensions of the boxes used for its home delivery. The new boxes not only save 17 tons of paper and \$21,000 in material cost per year, but also take up less space in the delivery bag, allowing more products to be packed into the bag.

Tetra Pak Jurong Pte Ltd

Tetra Pak has introduced improvements to its beverage carton production processes. In 2009, Tetra Pak invested in a new equipment to recover around 380 tons of waste plastic per year that are generated in the packaging production process.



More details can be found at <http://www.nea.gov.sg/SPA>

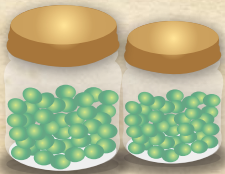
**You can do
your part
to support
the SPA!**

Provide feedback to manufacturers or retailers if you encounter excessive packaging or poor packaging design.

Reuse



Can you be certain that what you are throwing away can no longer be reused?






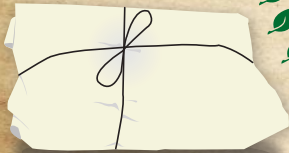
Maybe not! Endless possibilities abound. Exercise a little creativity and you might just turn waste into something useful.

To start you off, we give you some ideas!

Reusing paper

Before you crush that scrap paper / gift wrapper in your hand, why not

-  Make notepaper for shopping lists, etc
-  Use it again as wrapping paper?
-  Make it into a paper container to hold small things like paper clips or thumbtacks? (Organise your stuff!)



Reusing glass bottles

Empty glass bottles can come in handy. Try these simple ideas.

- 🍃 If you have leftover food, it can be stored in wide-necked jars such as coffee or jam jars.
- 🍃 When your spices, herbs or sauces run out, instead of buying a new glass bottle, you could just buy refills.

- 🍃 Simply punch holes into the metal cap of the jar and you could have a customised pepper/salt shaker.
- 🍃 Rather than a conventional pot, you could opt to use a glass bottle to grow your plants and/or shrubs.
- 🍃 Interesting shaped glass bottles have the potential to be used as vases.



Reusing plastics

There are just so many plastic items that can be reused. Let's start with the most common ones.

PLASTIC BAGS

- 🍃 They can be reused for your shopping trips.
- 🍃 They are perfect for lining household dustbins as trash bags.



PLASTIC CONTAINERS

- 🍃 Use them for storage of food, loose items, etc. instead of buying new containers for storage.





Need more ideas on what you can reuse?



Reusing things you no longer need
You must have heard of the saying "One man's junk is another man's treasure."
Guess what? It is true!

Used clothes, furniture, toys and even baby cots in usable condition can all be given a new lease of life. Just find them a new owner!



USED TEXTBOOKS

- Look out for charity projects where used textbooks donated by the public are redistributed to needy students.
- Give them to your juniors in the school.

USED APPLIANCES

- Donate them to charity organisations.
- Auction them off on the Internet.
- Trade them for something else on the Internet.



Repair instead of throwing away!

Throwing things away should be the last resort. Try to get spoilt items repaired first

OLD CLOTHES

- Reuse the fabrics from old clothes by cutting them up into rags for cleaning.
- Donate them to charity organisations.
- Hold a clothes-swapping party and take the chance to refresh your wardrobe and get rid of unwanted pieces.



Recycle

You are probably no stranger to recycling. But, do you really know what can be recycled and what cannot?

You're right! The following items can all be recycled.

- Paper
- Metal Cans
- Plastic
- Glass
- Clothes



Take note! Some items cannot be recycled economically.

- Paper that has been contaminated with food waste, used tissue paper and sweet wrappers.
- Used styrofoam and disposable plastic cups/containers.
- Cassette tapes
- Light bulbs and window glass
- Ceramic and porcelain items

Please contact NEA at 1800-CALL NEA (1800-2255 632) if you are unsure whether something is recyclable or not.

Did you know?

- Recycling 1,000kg of paper saves 17 trees.
- Recycling an aluminium can saves 95% of the energy used to make a new one.
- Recycling a glass bottle saves 30% of the energy used to make a new one.



Now that you know what to recycle, remember to practise the 5 steps of proper recycling!

STEP 1:

Recycle paper, plastic, metal, glass and old clothing



STEP 2:

Empty recyclable containers of their contents

STEP 3:

Deposit recyclables into recycling bins instead of leaving them outside.



STEP 4:

Do not deposit food waste and non-recyclables into recycling bins.

STEP 5:

Do not dispose bulky items like furniture and renovation waste at recycling bins.



Ever asked yourself what happens to your recyclables after they are collected?

STAGE 1:

The Public Waste Collector collects recyclables from the recycling bins.



STAGE 2:

These trucks go to Materials Recovery Facility (MRF) for recyclables sorting.



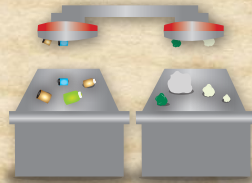
STAGE 3:

Recyclables are dropped onto a conveyor belt and workers would sort the various types of plastic, glass and paper.



STAGE 4:

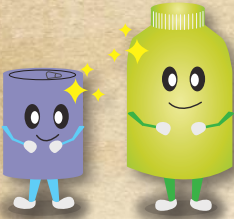
The remaining waste passes through magnets that pick up scrap metal and aluminium respectively.



Let us share with you!

STAGE 6:

New products are made.



STAGE 5:

The various recyclables would be sent to various recycling facilities accordingly.

