

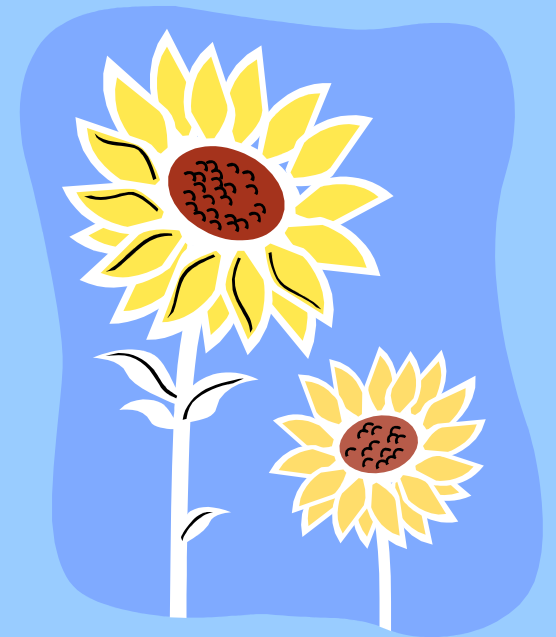
# Tampines Primary School

Lets go Carbon free



# Lets work hand in hand to reduce carbon footprint by 50% in 10 minutes

The average Singaporean lifestyle generates about 8.27 tons of carbon dioxide each year. To reduce on our consumption patterns, we will need 4 earths to help to support everyone with the necessary oxygen and natural resources



# Here are some of the ways that we could do to help

## 1. Don't leave the computer in classrooms or at home on standby

Many people are perhaps unaware that appliances on 'standby' actually consuming electricity needlessly. By switching off appliances at the wall we can actually save money and also the environment by reducing carbon dioxide emissions.

## 2. Reuse, reduce & recycle

0.03 tons of carbon dioxide is emitted when you throw away 1kg of trash. If you recycle just half of the waste you generate, you can reduce your yearly carbon emission by 5.5 tons! On top of that, you can help to cut down on the amount of energy and raw material required to produce them in the first place.

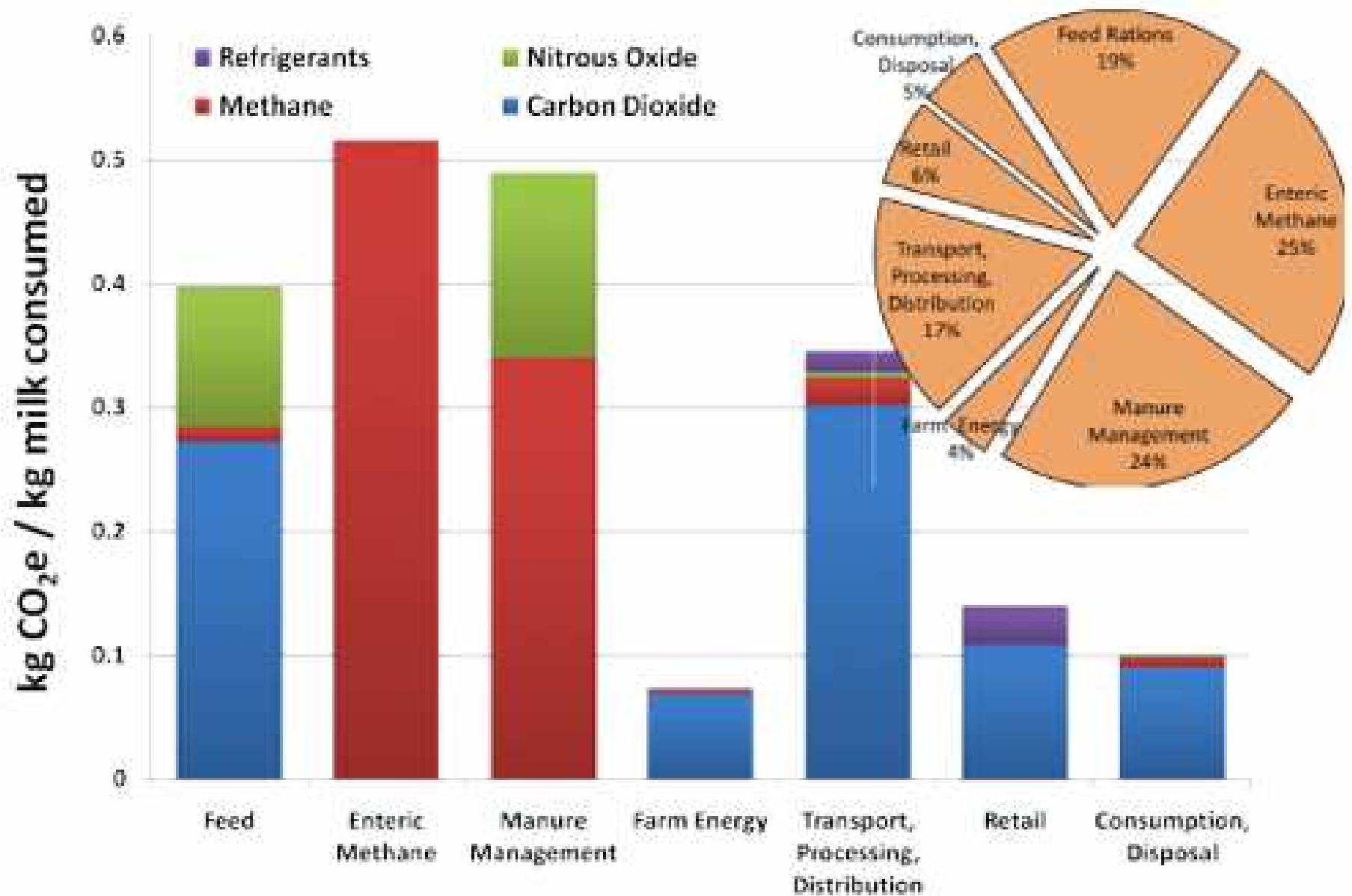
### 3. Eat Wisely

Eating seasonally can increase our personal health as well as our understanding of the climate and environment that surrounds us. Buying locally grown food supports local independent farmers and cuts down on fossil fuels used for transportation, which helps reduce our overall carbon emissions. Vegetables have a lighter carbon footprint than meat, so aim to make at least one vegetarian meal per week.

### 4. Recycle plastic grocery bags

Only about 3% of the 500 billion bags distributed annually are recycled. They are typically made of polyethylene and can take up to 1,000 years to biodegrade. Consider bringing reusable bags or boxes when you go shopping. Or at least bring your plastic bags back to the store to either reuse or recycle.

# When it comes to your carbon footprint what you Eat Matters



## 5. Reduce your water consumption

Energy is required for potable water and wastewater treatment and transport, so reducing the amount of water consumed and discharged will help to lower the energy needed. Here are some tips to help you save water

- use water saving products with the Water Efficiency Label
- check the water pipes for leaks
- take a shorter shower
- collect rainwater

## 6. Green your transport

In Singapore, we enjoy a wide range of public transportation such as the Mass Rapid Transit (MRT), Light Rail Transit (LRT), buses and taxis, which provide services covering the entire Singapore at reasonable fares. You can choose to take public transport and do away with cars.

## 7. Use your air-conditioner and refrigerator wisely

A typical Singapore household spends about 50% of its electricity bills on the air-conditioner and refrigerator. If you want to reduce energy at home and save money, the best way is to use your air-conditioner and refrigerator wisely.

## 8. Monitor your electricity consumption at home

Your utility bill shows the electricity consumption (in kWh) of your house over the past six months and also indicates the national average consumption for your house type. If your electricity consumption is below the national average, good for you. If not, you should start to monitor your energy consumption at home and find ways to reduce energy usage.

## 9. Find ways to reduce unnecessary energy usage

Remember to switch off all the lights and appliances when leaving the house or when they are not in use.

Do a quick check before leaving the house. You can connect different appliances to a power strip so that you only need to turn off one switch.

Unplug your charger after charging your mobile phone as the charger left in the power socket still consumes energy.

## 10. Choose energy efficient appliances and lightings

If you're planning to buy a new air-conditioner, refrigerator or clothes dryer, remember to choose an energy efficient appliance with the Energy Label.

The Energy Label is issued by the National Environment Agency (NEA) and it is mandatory for registered suppliers of air-conditioners, refrigerators and clothes dryers to affix the Energy Label on the units that they supply in Singapore.