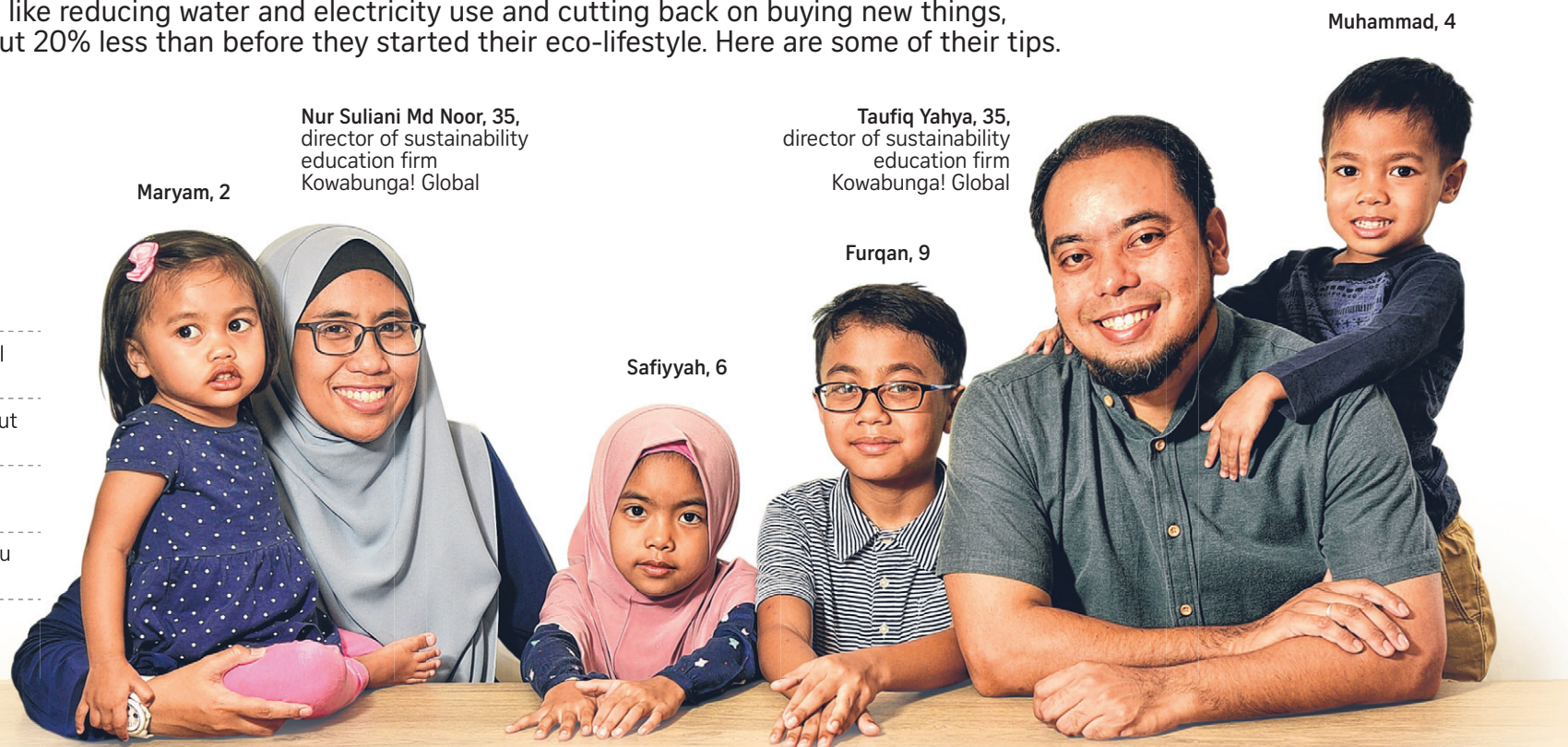


The go-green people

Nicknamed as such by relatives, Mr Taufiq Yahya and his wife Nur Suliani Md Noor started becoming more eco-friendly after having their first child, Furqan, and being concerned about the future of the world he would grow up in. By doing things like reducing water and electricity use and cutting back on buying new things, the family of six spend about 20% less than before they started their eco-lifestyle. Here are some of their tips.

Our tips fit the 5Rs or principles of zero-waste living

- REFUSE** Saying no to wasteful choices
- REDUCE** Being conscious about consumption
- REUSE** Choosing reusables over disposables
- RECYCLE** Sorting any waste you generate
- ROT** Composting biodegradable waste



Maryam, 2

Nur Suliani Md Noor, 35, director of sustainability education firm Kowabunga! Global

Safiyah, 6

Furqan, 9

Taufiq Yahya, 35, director of sustainability education firm Kowabunga! Global

Muhammad, 4

TIPS FROM ECO-FAMILY



REDUCE water usage

- Take 5-minute showers; keep track by using a stopwatch on your phone
- Use a tumbler of water when brushing your teeth, instead of letting the water run
- Install thimbles from the PUB Water Saving Kit (free when requested online) on taps and shower heads to make them more water efficient

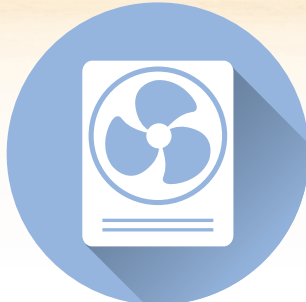
REUSE water

- Collect water in buckets and reuse whenever possible (such as water from showering to flush the toilet, water from washing vegetables to water plants, and water from the washing machine to wash the floor)



Follow PUB's WATER saving tips

- W**ASH clothes on full load
- A**LWAYS use half-flush when possible
- T**URN off shower when soaping
- N**SURE tap is off when brushing teeth
- R**INSE vegetables in container



REDUCE electricity consumption

- Turn off switches of "vampire" devices (that consume energy when not in use) instead of leaving them in standby mode
- Tip for convenience: Plug in several devices to an extension plug to turn clusters of devices off at once
- Use a fan instead of an air-conditioner where possible
- Put the air-conditioner in timer mode when using it for extended periods



REDUCE new possessions

- Check item-giveaway Facebook groups or apps when an item is needed before going to stores
- App (Google Play/Apple App Store): Olio
- To find groups, search "Singapore freecycle" on Facebook
- Search thrift stores and online marketplaces like Carousell for second-hand versions of needed items before going to stores
- sometimes items sold are like new
- List of selected thrift stores: <https://www.timeout.com/singapore/shopping/the-best-thrift-shops-in-singapore>



REUSE old items

- **Sell items:** on online marketplaces like Carousell or on platforms like clothing thrift store Refash, which rewards clothing received with cash or store credit
- **Swop items:** at clothing swop events like those by Swapaholic or The Fashion Pulpit, which reward clothing received with points to swop for new clothes
- **Give items away:** on item-giveaway Facebook groups like sgfreecycle, to friends, or to charities and thrift stores

FAST FACTS

NEA: Standby power can account for up to

10%

of your home electricity use; switch devices off when not in use and you can save up to

\$70 a year

(Based on average 2012 electricity tariff of \$0.2989 per kwh, assuming 35 watts of standby power in a home.)

NEA: Air-conditioners consume the bulk of a household's electricity bill, using more than

10x

more electricity than fans; using a fan saves you up to

\$840 a year

(Based on average 2012 electricity tariff of \$0.2989 per kwh, assuming a single-split, 1,000-watt air-conditioner and/or a 31-watt electric fan where relevant. Used for 365 days a year.)

PUB: Water demand in Singapore is currently about

430 million gallons a day

NEA: In 2018, Singaporeans generated

2.43 million tonnes

of non-recyclable material waste