

Changes you can make while out and about:



1

Use a refillable water bottle.

We all know this one for sure! Use water fountains when you are out and about if you need more to drink. Hong Kong typically throws away 5.3 million single use plastic bottles per day and perhaps 5% of those are recycled. This is too shocking!!

2

Don't buy single-use plastic bottles!

An obvious one following the last point. But perhaps you forget your refillable bottle one day? What do you do? If you are really in need of a drink try to choose a drink in a recyclable paper carton or an aluminium can.

3

Reusable produce bags.

This is the way to go at the supermarket. Try to avoid the very thin, plastic bags offered on a roll for fruit and vegetables. Used usually once (or twice if you are somewhat conscious) there is an alternative other than letting your lemons roll around the bottom of your supermarket trolley. There are many companies out there producing reusable produce bags; some made from fabrics, some made from recycled plastic bottles.

4

Say 'No' to straws in your drinks.

This is an easy one. Many restaurants are now offering straws made from pasta, paper, bamboo and other materials. This is a great step forward. But if you find a restaurant that offers plastic straws just say 'no thank you' and tell them why!



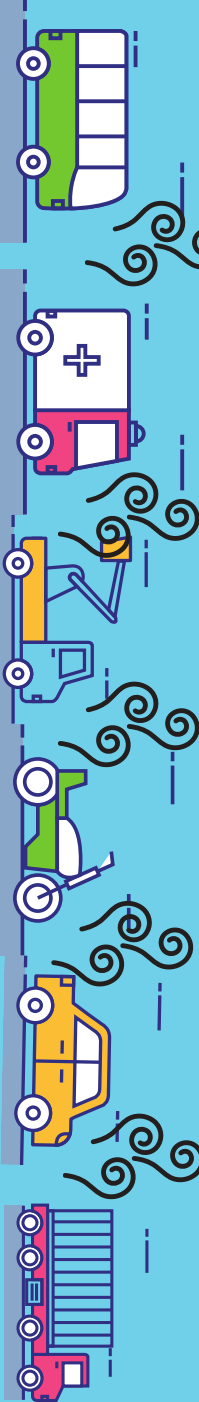
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Changes you can make while out and about cont/d:



5

Ask your family to carry their own coffee/tea cups.

Unfortunately, during Covid times, it is not possible to use your own coffee cups in many of the big coffee chains due to health reasons. Encourage your family members to start the day with a coffee made at home that they can take to work with them. Did you know that disposable coffee/tea cups are lined with plastic and take years to decompose? Not only the cup - the lid is made from plastic also!



6

Encourage your family to take reusable containers

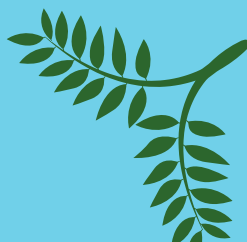
when buying takeaway foods, just like the old days! Again, during these Covid times, it is not possible to use reusable containers at your favourite restaurants currently. Keep this one in mind for when the restrictions are lifted. And in the meantime, eat at home!



7

Ask your family to take reusable containers

when buying takeaway foods, just like the old days! Again, during these Covid times, it is not possible to use reusable containers at your favourite restaurants at the moment. Keep this one in mind for when the restrictions are lifted. And in the meantime, eat at home!



8

A Green Picnic

As mentioned in 'The Green Dragon and the Oh No Bird' it is possible to enjoy nature responsibly. Check out the 'Green Picnic Guide' to help you reduce your waste in the country parks and at the beaches.



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Other ideas on how to reduce waste:

9 Recycle your old books.

Hold a book sale in your building or neighbourhood, donate to charity or book swapping organisations.

Check out this link to find out what this HK student did to reduce waste and create a new business:

<https://www.greenqueen.com.hk/interview-second-hand-bookshop-rebooked-founder-bailey-cherry/?fbclid=IwAR3k5FIA89Uvxg8NQYg36-MtLUnOVYMNOIClOpint5tLKvVDyEsXonhG5wg>

10 Recycle your old clothes and buy second hand.

Buying pre-loved clothing is the new thing. With the fashion industry. Check out this useful resource for schools from Redress:

<https://www.redress.com.hk/ecf/home>

Do you have more ideas?

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