

## Green Living Tips

Do you know how much water is needed to make one cup of Latte?

An average cup of Latte has a water footprint of 190 liters. This means that it takes 190 liters to grow, harvest, process, transport, pack, store, and brew the coffee plant to produce one cup of coffee.

Don't worry, we're not asking you to forfeit your morning caffeine kick, but we are urging careful use of water. Water is a precious resource in Hong Kong, and it is necessary to do as much as we can to preserve it. There are a few tips that will allow you to conserve fresh water by slightly changing your habits:

1. Don't rinse your hands, clothes or vegetables under a running tap – do so in a bowl or sink.
2. Turn off the tap while brushing teeth, soaping hands or shaving.
3. Take short showers instead of baths.
4. Water plants with the same water used for washing produce.
5. Only run washing machines or dishwashers with a full load, and cut down the rinse cycle if possible.
6. Fix dripping taps and water mains promptly.
7. Use water saving devices, e.g. water efficient showerhead and water tap.
8. Control the flow from the tap, do not always turn it to the full.
9. Wash cars with a bucket of water and with towel instead of a hose.
10. Teach children that water is not for games.

Retrieved from:

GovHK : [https://www.wastereduction.gov.hk/sc/workplace/rechargebattery\\_faq.htm](https://www.wastereduction.gov.hk/sc/workplace/rechargebattery_faq.htm)

WWF : <http://www.wwf.org.hk/news/?7620/WorldWaterweek>

# Green Living Tips

## **Green tips on battery use**

If batteries are being used properly, they can last for a longer time; resulting in less demand for new batteries and less wastage. Following are some suggestions when using batteries:

1. Use rechargeable batteries whenever possible. Rechargeable batteries create less waste than disposable ones because they can be re-used hundreds of times and are more cost-effective to recycle.
2. If your only choice is disposable batteries, select those that are Mercury-free and Cadmium-free.
3. Do not store batteries where they may be subject to direct sunlight, high temperatures and high humidity. Instead, store them in a cool and dry place.
4. Do not store batteries alongside metallic objects such as keys and coins as these can short-circuit batteries and significantly reduce their usable life.
5. Do not use rechargeable batteries with non-rechargeable batteries as this can shorten the life of the batteries and may cause battery leakage.
6. Recycle rechargeable batteries.
7. Remove batteries from battery-operated equipment and recycle them before disposing of the equipment.
8. Be sure to switch off electrical and electronic devices after use.

## Green Living Tips

### 「 Green Mid-Autumn Festival 」

Mid-Autumn Festival is coming soon. While we are having party celebrating the festival, we may generate a large amount of waste which can be avoidable. Here are some suggestions on what you can do to reduce waste on festive occasion.

1. Estimate the required food items such as fruits, mooncakes, etc. before ordering.
2. Choose simple packaged or non-packaged food items.
3. Donate excess moon cakes to charity or the needy before the due date.
4. Recycle mooncake containers.
5. Reuse lanterns from previous years.
6. Buy paper lanterns over plastic ones.
7. Keep plastic lanterns for future use.
8. Do not buy fluorescent sticks.

# Green Living Tips

## **Energy - saving for electrical appliances**

1. Turn off all electrical appliances when not in use or after use.
2. Turn off the appliance if you foresee it will not be in use for a long period of time and avoid leaving it on standby mode.
3. Operate dishwasher only with full load.

## **Energy - saving for computer use**

1. Use sleep mode or power saving mode when not using your computer for an extended period of time.
2. Turn off the computer when not in use or after use.
3. Turn off the computer screen instead of using screen saver for power saving.

## **Energy - saving for air conditioning**

1. Set room temperature to 25.5 °C in summer.
2. Switch off unnecessary lighting and appliances to reduce air-conditioning consumption.
3. Close the windows and doors and draw the curtains or blinds to block the sunlight if necessary to reduce air-conditioning consumption.
4. Turn off air-conditioner after use.

## Green Living Tips

Q : What is the charge of the plastic shopping bag?

A : Retailers should charge at least 50 cents for each bag excluding the exempted items. Exemptions will apply to certain plastic bags for protection of food hygiene. For examples, non pre-packed food, pre-packed food without concealed packaging, Chilled food or frozen food(any types of packaging) etc.

Q : Do we need to pay for non-woven environmental bag ?

A : Yes. It is under the charging category as this kind of bag is also made of plastic.

Q : Can PSB charge be settled by retailer on behalf of the customers?

A : No. If retailer pays the PSC charge on behalf of the customers, he/she will be considered as committed an offence.

Q : What if a customer refuses to pay the PSB charge?

A : Retailer should not provide plastic bags for those customers who refuse to pay the PSB charge.

## Green Living Tips

Q : How to avoid food waste at home?

A : 1) Make good use of your leftover food:

- use fish bone, shrimp head and scrap vegetable to make stock
- use leftover bread to make bread pudding, French toast or garlic toast
- use ripe banana to make banana shake
- use leftover plain rice to make fried rice

or you can refer to [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) / [www.foodwisehk.gov.hk](http://www.foodwisehk.gov.hk) for useful recipes

2) Be a smart shopper:

- consume the food in your refrigerator before going to supermarket
- resist the temptation of 'bulk purchase'; if you cannot resist it, share it with your friends
- avoid over-purchasing, buy items only on your shopping list

Reference :

[www.foodwisehk.gov.hk](http://www.foodwisehk.gov.hk)

[www2.epa.gov/recycle/reducing-wasted-food-basics](http://www2.epa.gov/recycle/reducing-wasted-food-basics)

## Green Living Tips

Q: Hong Kong is a city that is well-known for good food, but do you know how much food waste do we generate each day?

A: There are about 3,600 tones of food waste disposal in Hong Kong every day, representing nearly 40% of all Municipal Solid Waste disposals, and equivalent to 100,000 double-decker buses by weight in a year's time.

Q: How does food waste affect us?

A: Food waste makes up the largest proportion of waste in our landfill space, and it is one of the most harmful wastes to the environment. Decomposing food produces wastewater and emits methane and carbon dioxide as it rots in the landfill releasing greenhouse gases that capture and retain heat in the atmosphere.

Q: What can we do to avoid food waste?

A: 1. At home, better grocery planning to make sure all the food purchased can be consumed.  
2. At restaurants, check the portion of the food before ordering. Order just the right portion to make sure you can finish, and taking home the leftovers if necessary.