

# reduce

**Use less!** You don't have to use everything that's given to you. For example, at the mamak shop, all you need is one tissue. You don't need the 5 or 6 that they give you. Kindly say 'no' and give it back to them, and help to save some trees!

When you want to pack some food at the coffeshops, **bring your own tupperware or container!** They usually use styrofoam, and this is NOT biodegradable and releases toxic compounds into your food as well!

And when you go shopping or to the market, **bring your own basket or re-usable bag** instead of using plastic bags.



Instead of throwing things away all the time, think about whether they can be used again for other purposes! A great way to re-use items is to get your children, or even yourself, into nature craft! This means making things out of what we would usually throw away. **A simple tin can could become a beautiful pencil holder** with a little bit of coloured paper or paint, and bits of card and paper can be made into wonderful photoframes. Think about other practical things that 'waste' items can be used for before throwing them away!



**All sorts of paper, cardboard, plastics, glass, metals, tetrapaks, aluminium cans/tins can be recycled.** Don't let them go to waste and help save space in our landfills.



Global Environment Centre

# 4R, 2C way of life

**THINK before you buy!** Do you really need it?

Don't take items just because they're free either. THINK! Do you really want it? Are you really going to use it? If the answer is no, kindly decline the offer, and save it from ending up in the rubbish bin.

**THINK before you use!** Do you really need a plastic bag when it's just one or two items?

rethink



# compost

**Don't let your organic waste stink up your rubbish!** Keep your fruit and vegetable peels dry and bury them under some soil or in a flower pot! By doing this, you'll be helping to reduce up to 40% of all waste ending up in landfills.



proper waste management not only **saves MONEY** but helps combat climate change and preserves our environment for our future generations.

each and every one of us **CAN** make a difference.