

# EAT SMART



Knowing the source of the food on your plate can help you make a conscious decision and perhaps a change of habit. The urbanite's access to and purchase of pre-packaged food at the supermarket may be a contributory factor in the degradation of the environment. Do you know the farm where your fruits, vegetables and other items are sourced or grown? Or how far they are transported? Could they come from sources closer to home? A focus on solutions to reduce food waste is also needed.

## EXAMPLES



Cook and eat **LOCALLY PRODUCED** vegetables



**CONSUME SEASONAL** fruits and vegetables



Invite friends, family or colleagues **TO A GREEN MEAL**



**BUY ORGANIC** produce

**LOW-RESOURCE COOKING** technologies

Urban gardening: grow your own herbs and vegetables. Urban gardens can be a delight to the eye and could improve the aesthetics of your home, too.



**COOK WITH FRIENDS** and or family



Besides your primary carbon footprint, there is also a secondary footprint that you cause through your buying habits. Here are some of the DOs and DON'Ts you should consider:

- Do look out for labels or services that help you as a consumer choose smart food.
- Do understand the food distribution methods at your favourite supermarket and/or green grocer.
- Do use smart packaging materials: cartons or green bags rather than plastic bags.
- Don't buy fresh fruit and vegetables which are out of season, as they may have been flown in.
- Reduce your consumption of red meat.
- Don't buy bottled water if your tap water is safe to drink or simply buy a water purification container that will purify your tap water.
- Buy local fruit and vegetables from a garden near your house, or even try growing your own through smart urban gardening initiatives.
- Try to only buy products made close to home (look out and avoid items that are made or grown far away). Don't buy over-packaged products.
- Recycle as much as possible.
- Reduce food waste.
- Some people cook once a week and re-heat portions during the rest of the week.

# MOVE SMART

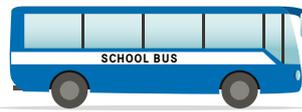


This category is about the smart movement of goods and people, both within and to and from the city. This could involve new types of vehicles, collective solutions or more efficient use of existing modes of transport to make them smarter and better both for the individual and for the city as a whole.

## EXAMPLES



**CAR SHARE** (car pool) to work, reduce fuel consumption and resultant carbon emissions, and save some money.



**THE SCHOOL BUS** is an efficient way of picking up and dropping off school-children.

**THE OLDER YOUR CAR IS** the more carbon emissions it releases and the more harmful it is to you, your family and the environment. Older cars are generally less fuel efficient.

**FOR SHORT JOURNEYS,** either walk or cycle.



Intermittently **USE PUBLIC TRANSPORT** rather than your car.



See if your employer will allow you to **WORK FROM HOME** for one or two days a week.

Next time you replace your car – make sure you **CHOOSE A LOW-EMISSION VEHICLE**. If you have the budget, consider getting a hybrid or full electric car.



There are environment-friendly **FUEL ADDITIVE PRODUCTS** in the market that could reduce your car's carbon emissions and improve fuel efficiency.

Try to **REDUCE THE NUMBER OF FLIGHTS** you take.



**USE SKYPE AND OTHER ONLINE COMMUNICATION** channels instead of travelling to conferences.

As more people take up the Move Smart challenge, you could initiate a conversation with local leaders on the need for road safety campaigns to protect pedestrians and cyclists, including measures such as constructing safe bike paths and pavements.

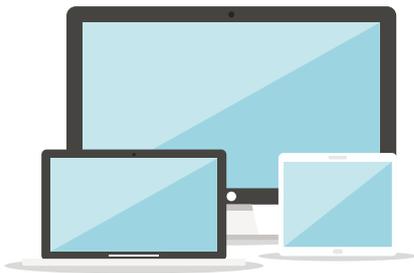
# LIVE SMART



This is a category for simple things you can do to live smarter. It includes reducing consumption and saving electricity and water. It also covers ideas for reusing, reducing, recycling and upcycling daily products for further use at the end of the first life cycle.

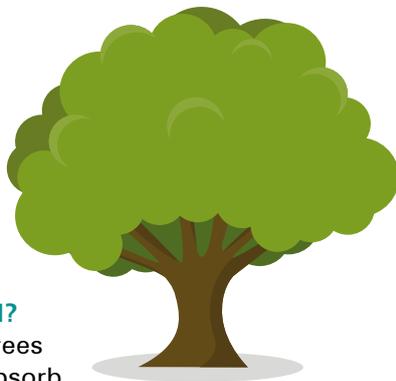
## EXAMPLES

**TURN IT OFF** when not in use (lights, TV sets, hi-fi, computers, water heaters, heating systems, et cetera).



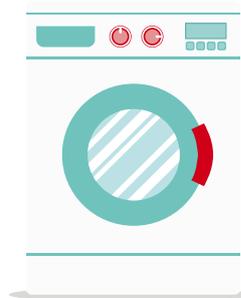
**ONLY BOIL AS MUCH** water as you need, to reduce time and energy.

**HANG OUT THE WASHING TO DRY** rather than machine dry.



### DO YOU HAVE TREES IN YOUR GARDEN?

Plant some! Many trees have the ability to absorb the carbon emitted around your home.



**FILL YOUR DISHWASHER AND WASHING MACHINE** with a full load – this will save you water, electricity and washing powder.

### DO YOUR WEEKLY SHOPPING IN A SINGLE TRIP

and use empty boxes instead of plastic bags to carry your shopping.



**RECYCLE OR REUSE** plastic bottles, newspapers, bags, books, clothes and other items. Find out about the recycling initiatives in your city and become an active donor of recyclable materials.

**CONSIDER EVERY MATERIAL** you bring into your house – if they have multiple uses, they are good for your lifestyle, too. From primary use to secondary use to recycling.

**EMBRACE THE 3 R'S** creed – Reduce, Reuse, Recycle.