

Green Living Guide





There are many ways that we, as individuals, can step a little lighter on the Earth. A great way to start is with this

Green Living Guide

– a collection of simple, everyday actions you can do to lead a sustainable lifestyle.

“What you do makes a difference, and you have to decide what kind of difference you want to make.”

Animal and Environmental Advocate, Jane Goodall

WATER CONSERVATION

Play your part, be water smart!



WATER CONSERVATION



TURN OFF THE TAP

Do not let the water run. Use a filled sink or container when washing vegetables and dishes, brushing teeth or washing your car.

CONTROL THE FLOW

Install a thimble or water saving device to control the water flow.



WATER CONSERVATION



FIX IT FAST

Check areas prone to leakage like toilet flappers and faucets, and repair them promptly. Small leaks can add up to several litres of water lost each day.

POWER PURCHASE

Look out for the Water Efficiency Label and select water-efficient models when purchasing household appliances.



WATER CONSERVATION



REUSE

Use rinse water from the washing machine to flush the toilet or mop the floor. Water your plants with water from washing rice, fruits and vegetables.

TIME IT WISELY

Water plants in the early morning or late evening (before 7am or after 7pm) to minimise evaporation loss.



ENERGY EFFICIENCY

Small adjustments, big savings!





POWER PURCHASE

Choose energy-efficient household appliances. The more ticks on the Energy Label, the greater the energy savings. Choose models with a suitable capacity for your family's needs as larger models tend to use more energy.

PULL THE PLUG

Unplug or switch off appliances such as the TV and laptops as they continue to draw power even when turned off.



ENERGY EFFICIENCY



GO NATURAL

Reduce the use of electrical appliances. Open your windows and enjoy the cool air from the greenery around your flat. Use daylight where possible and line dry your laundry.

BE AWARE

Check your monthly utility bills. Be conscious of your energy usage.



AIR-CONDITIONER

CLEVER COOLING

Ensure windows and doors are shut tight when the air-conditioner is switched on. Set the temperature at a comfortable 25°C. You can run the air-conditioner for a short while to cool a room (1 hour) and switch to a fan after that.



MAINTAIN REGULARLY

Clean the air filter regularly. Dirty filters impede airflow and waste energy. Service your air-conditioner at least once a year. The condition of other components (e.g. refrigerant, pipes and motors) also affects its efficiency.

REFRIGERATOR



SET IT RIGHT

Adjust the thermostat to the recommended setting to prevent overcooling. Switch off the refrigerator when it is being cleaned to save electricity.

SMART STORAGE

Allow hot food to cool and cover it before placing it in the refrigerator. Uncovered liquids and food release moisture and make the compressor work harder. Avoid overloading your refrigerator so that cold air can circulate freely.

FREQUENT CHECKS

Ensure that the back of the refrigerator is well-ventilated. Test the door seal occasionally by closing the door on a thin piece of paper. If the paper does not stay in place, the seal should be replaced.

COMPUTER



HIBERNATE

Put your computer to 'sleep' mode when it is not being used for a short while and switch it off when not in use. Do not use screensavers as they use as much energy as regular operation.

POWER PURCHASE

Buy a laptop for your next computer upgrade as they consume significantly less energy than desktop computers.

WASHING MACHINE



WASH ON A FULL LOAD

Consolidate your laundry and wash them on a full load to maximise energy usage.

OPTIMISE PERFORMANCE

Clean the lint filter in the clothes dryer after every load to improve air circulation. Wash clothes in water at room temperature as it is warm enough for the wash to be effective.

LIGHTING



POWER PURCHASE

Choose energy efficient lighting like compact fluorescent lamps (CFLs) and LED lights.

BOOST EFFICIENCY

Clean lighting fixtures regularly. Dust on lamps and reflectors reduce light transmission, making them less energy efficient.

WATER HEATER

SAVVY SAVINGS

Take shorter showers and turn off the tap when soaping and shampooing. Switch off the water heater when hot water is not needed.



GREENING

*Escape from the hustle and bustle,
get up close with nature!*

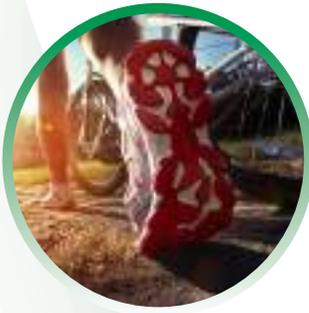


GREENING



GREEN SPACES

Flex your green fingers with like-minded neighbours at the community gardens. Harvest edible crops and herbs, and see friendships take root! Community gardens also help to attract wildlife to our urban greenery, adding vibrancy to our community spaces.



RELAX AND RECREATE

Enjoy the lush greenery at the parks and recreational waterways on foot or bike.

GREEN COMMUTING

Go green and reduce your carbon footprint!





GO PUBLIC

Use public transportation and enjoy savings! You can avoid the ERP, parking fees and traffic jams while reducing carbon emissions. Alternatively, check out car sharing schemes! Gather a few colleagues and friends to carpool your way to work!

GREEN COMMUTING



HUMAN - POWERED

Walk or cycle to reduce your carbon footprint, save money and get health benefits all at the same time! Make use of the bicycle racks at HDB blocks and outside MRT stations.



HOT WHEELS

Choose a car that is fuel-efficient if owning one is necessary.

REDUCE, REUSE, RECYCLE

Save the environment, enjoy savings for your wallet!



REDUCE, REUSE, RECYCLE



SHOP SAVVY

Borrow or share items if you only need them occasionally. Plan your shopping list to avoid impulse buys and purchase refill packs for shower foam and dishwashing liquid to reduce waste and enjoy cost savings.

BRING YOUR OWN BAG

Bring a reusable bag while shopping and a food container for takeaways to minimise the use of disposable plastic bags and cutlery.



REDUCE, REUSE, RECYCLE



REDUCE

Build your own compost bin and turn organic waste such as dried leaves, egg shells and fruit peels into natural fertiliser for your organic garden.

REUSE

Convert scrap paper into memo pads.
Use unwanted plastic bags to bag garbage.
Use old clothing as rags for cleaning.



REGIFT

Donate or sell items which you do not need anymore, but are still in good condition, such as books, toys and clothes.

REDUCE, REUSE, RECYCLE



PRINT LESS

Take notes on your laptop or tablet to save paper, storage space and for easy reference in future. If you need to print, choose double-sided printing.

RECYCLE

Deposit recyclable items such as glass, paper and plastics into designated recycling bins. Make your own recycled paper and use it as a greeting card or wrapping paper.



BRIGHT IDEAS

Simple hands-on activities to help you kick start green living!



FABRIC PHONE CHARGING STATION

A stylishly functional gift for just about anyone!

MATERIALS : OLD JEANS, FABRIC SCRAPS, HOT GLUE GUN/ SEWING SUPPLIES AND OLD CD/ DVD



STEP 1

Cut out the pocket of the jeans. Trim the sides neatly.



STEP 2

Cut and pleat strips of fabric scraps, leaving 1cm at each end.



STEP 3

Sew the ends on the pleated strip to the pocket to make the handle. Alternatively, you can use hot glue to attach to the pocket.



STEP 4

Unleash your creativity and decorate the holder in any way you like. You can use cut-up CD/ DVD pieces to form a mosaic pattern or sew flowers out of fabric scraps. Attach these with hot glue.



APPLE GIFT CONTAINERS

A brilliant way to use plastic bottles, and perfect to stuff with a little gift like apple butter or jam!

MATERIALS: PLASTIC BOTTLES, PEN KNIFE, SPRAY/ ACRYLIC PAINT, PAINT BRUSH, ZIPPERS, HOT GLUE GUN, SCRAPS OF CARDBOARD AND COLORED PAPER



STEP 1

Cut the bottoms of 2 bottles, each about 5cm height.



STEP 2

Paint the inner surface of the pieces for a glossier and more even look. Apply several coats, if necessary.



STEP 3

Use hot glue to attach one side of the zipper to the rim of a bottle bottom. Unzip it all the way and glue the other side to the rim of the second bottle bottom.



STEP 4

Cut out a stem shape from the cardboard and a leaf shape from the green colored paper, and attach to the bottle with glue.



HERB TERRARIUM

Kick start your own garden at home and grow herbs you can use to spice up dishes!

MATERIALS: GLASS JAR, PEBBLES, CHARCOAL, SOIL, HERB SEEDS/ SEEDLINGS, PAPER SCRAPS AND STRING



STEP 1

Sterilise the glass jar by flushing it with hot water. After drying it, fill the jar with pebbles. This allows water to settle at the bottom, rather than overloading the herbs.



STEP 2

Layer up the charcoal, just enough to cover the pebbles. Charcoal will help reduce bacteria, fungi and odours.



STEP 3

Transplant your seedling and add the soil around the base. Alternatively, make some holes in the soil and scatter herb seeds.



STEP 4

Use the paper scraps and string to make labels to identify the herbs.

TIP: Check the sun and water requirements of the herbs you are planting to ensure the right conditions for it.



BOTTLE CAP MAGNETS

Create your own vintage magnets for memories that you want to stick around!

MATERIALS: METAL BOTTLE CAPS, CRAFT GLUE/ HOT GLUE GUN, SMALL PHOTO PRINTS, SMALL MAGNETS STRIPS/ ROUND PIECES AND CLEAR CASTING EPOXY (E.G. EASYCAST)



STEP 1

Before printing the photos, size them to fit the bottle cap. The diameter of an average bottle cap is 2.5cm.



STEP 2

Cut the printed photos to fit and glue them into the bottle cap.



STEP 3

Mix the clear casting epoxy according to the package directions and pour it into the bottle caps. Allow the epoxy to set completely.



STEP 4

After the epoxy has set, attach a magnet to the back of each bottle cap using glue.



WINE GIFT BAG

Make your bottle of wine stand out from other gifts by presenting it in a unique DIY wine gift bag!

MATERIALS: OLD JEANS, SEWING SUPPLIES, BURLAP AND FABRIC SCRAPS, TWINE AND PAPER SCRAPS/ ART CARDS

STEP 1



Cut 15 inches length of the pant leg from the hem. You may choose to alter the width of the pant leg to about 6 inches wide to fit the wine bottle more snugly.

STEP 2



Sew the cut end. Optionally, you may choose to round out the bottom. To do this, turn the bag inside out to fold and sew the edges as shown.

STEP 3



Slip in your gift bottle of wine & tie on some ribbon, flowers made from fabric or paper scraps, and add a gift tag using the scrap paper or art cards.



FLOWER LAMP

A creative way to upcycle egg cartons to make a decorative lamp to jazz up a room.

MATERIALS: 4 CARDBOARD EGG CARTONS (FOR 30 EGGS), ACRYLIC PAINT, PAINT BRUSH, GRILL FRAMES THIN WIRE, 1 STRING OF 100 LED LIGHTS, SCISSORS AND PEN KNIFE



STEP 1

Cut out the individual cups from the egg cartons. This will form the outer petal.



STEP 2

If you wish to do a two layered flower, cut out the protruding tips of the egg carton. This will form the inner petal.



STEP 3

Trim them to look like flowers.



STEP 4

Paint both the outside and the inside of the cups. Let dry completely.



STEP 5

Secure the grill wire frames into a triangular shape with thin wire.



STEP 6

Push a lightbulb through alternate holes in two of the grill frames and secure with wire. The third frame will be attached to the wall surface.



STEP 7

Using a craft knife, cut an X on the bottom of each egg cup. Push the egg cups on to each of the light bulbs. Plug in and enjoy!

TIP: To ensure fire safety, use LED lights because they will not become hot when switched on for long hours.



TEE BAG

Transform your old t-shirt into a reusable bag.

MATERIALS: SCISSORS, AN OLD T-SHIRT, 1 PENCIL OR PEN FOR MARKING, RIBBONS AND OTHER DECORATIVE ITEMS



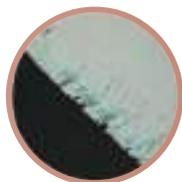
STEP 1

Cut off both sleeves.



STEP 2

Turn the t-shirt inside out.



STEP 3

Cut the bottom of the t-shirt into even strips as shown.



STEP 4

The strips should be about 5cm long and 1-2cm wide.



STEP 5

Tie each pair of strips into a double knot with 2 tassels as shown. 1 strip should be from the front of the t-shirt, and the other from the back. This will form the base of your bag.



STEP 6

Be sure to tie the tassels tightly so that you bag can hold more weight.



STEP 7

Turn the bag over and mark dotted lines onto the bag as shown.



STEP 8

Cut along the dotted lines.



STEP 9

Your bag is now complete. Just add your decorations to make it stand out more!



COIN POUCH

Old jeans can be turned into a cool pouch for cards or coins.

MATERIALS: PAPER MOULD, SCISSORS, 1 PIECE OF UNWANTED JEANS,
1 ROUND HEADED PAPER FASTENER, GLUE, GLUE GLITTER AND MINI DECORATION E.G. BUTTONS

STEP 1



Cut a paper mould like the one shown. Place the paper mould on the unwanted jeans. Using a marker to trace out the outline of the mould.



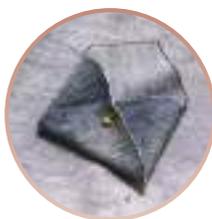
STEP 2

Cut along the outline drawn to get your pouch material.



STEP 3

Using the round headed paper fastener, poke the four ends and fold them to pin them together.



STEP 4

Poke the final end to button up the cover.



STEP 5

Now, just add buttons or other decorative materials to dress up your new pouch and you're all done!



Photo by Hadi Azhari Ishak

PUNGGOL ECO-TOWN

Over the years, HDB has been driving various initiatives and programmes to promote sustainability in its towns and estates. HDB also strives to foster an active and cohesive community and create a conducive work-live-learn-play living environment that caters to the various needs of residents.

Today, Punggol is Singapore's first Eco-Town with two outstanding environmentally friendly projects: Treelodge@Punggol and My Waterway@Punggol.

Treelodge@Punggol, completed in December 2010, is HDB's first demo eco-friendly precinct. It embraces Singapore's tropical climatic conditions with design features that enhance thermal comfort to create a more conducive living environment. Green technologies and urban solutions were piloted to achieve better energy efficiency, water conservation and waste management. Successfully tested green technologies were well received by the public and have since been incorporated for all new public housing developments launched since January 2014.

My Waterway@Punggol is a 4.2km long man-made waterway and is a first-of-its-kind in Singapore, affording new waterfront living and bringing the water right to the doorstep of the heartlanders. The waterway opens up opportunities for water-based recreational and leisure activities, enhances the living environment and also injects vibrancy along the water's edge with its integration with adjacent amenities. My Waterway@Punggol also provides spaces for people to interact, hence fostering a cohesive community, while sporting many features that reflect the heritage of Punggol, such as the Kelong Bridge which forms part of the heritage trail.

At town level, a cycling network has also been put in place to encourage more environmentally-friendly means of commuting for the residents to the various amenities and waterfront promenades within Punggol.

Overall, the success of Punggol Eco-Town demonstrates possibilities on creating the next generation of public housing developments and also brings about greater conservation efforts for a more sustainable living environment in the future.



Launched in 2012, HDB Greenprint @ Yuhua aimed to introduce sustainable and smart green features to an existing public housing estate. Under this pilot, Yuhua has been retrofitted with the following green features:

- **Energy & Water Conservation** – Solar panels, Elevator Energy Regenerative System, Outdoor LED Street Lightings, Rainwater Harvesting System and Common Area Energy Management System
- **Waste Management** – Pneumatic Waste Conveyance System (PWCS)
- **Green Commuting** – Dual Bicycle Rack Systems, Enhanced Cycling and Pedestrian network
- **Landscaping & Greenery** – Rooftop greenery, Vertical Greenery and Community Parklets
- **Community Engagement** – Community Outreach Programmes and Activities

Residents were consulted on the various green features for their neighbourhood, for example the locations to install the Dual Bicycle Racks. For its environmental excellence, Yuhua has been conferred the BCA Green Mark Award (Platinum) in 2015.

With the success of HDB Greenprint in Yuhua, this initiative was rolled out to Teck Ghee in Jul 2015. Sustainable and smart green features will be progressively retrofitted in Teck Ghee, benefitting more residents. Similar to Yuhua, residents will be consulted on their preferences and they can share ideas on how to make Teck Ghee a greener neighbourhood.



Community Gardening at Yuhua

Dual Bicycle Racks & Community Parklets at Yuhua



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