

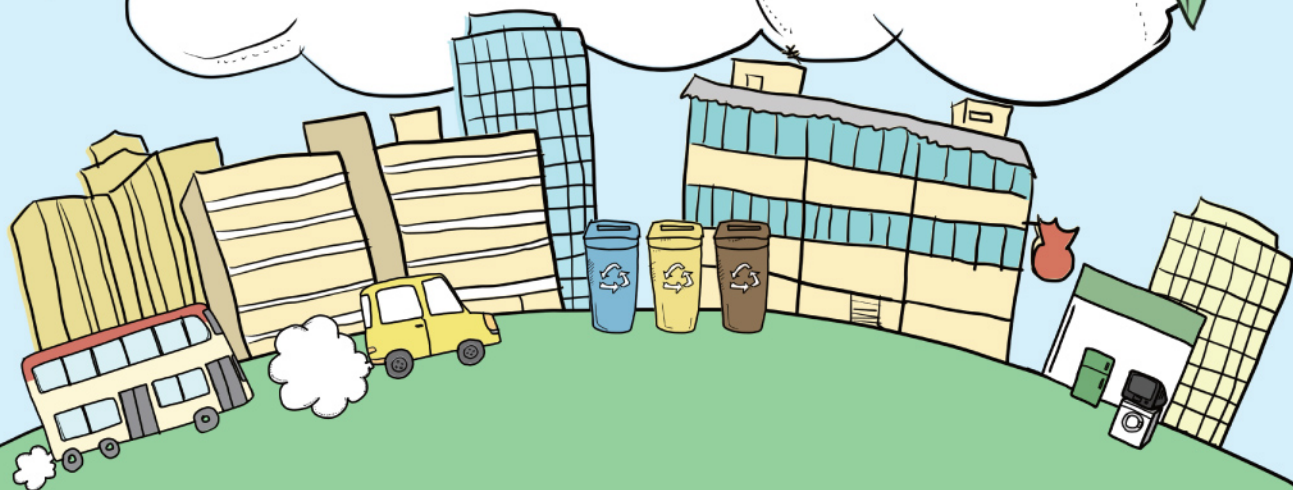
低碳

衣食住行

生活錦囊

LOW CARBON LIVING TIPS

Clothing Diet
living Transportation



Low Carbon Living

CLOTHING



- ✓ Do not follow fashion trends blindly, avoid buying clothing unnecessary.
- ✓ Clean and undamaged used clothing, shoes and bags can be recycled, or reused.
- ✓ Send any unwanted clothing to charity groups, or pass them to people in need.
- ✓ Use shopping bags instead of plastic bags when shopping.



The global average per capita carbon emissions in consumption of clothing is **51 kg**.

A CLO value of less than 0.5 in the summer, which is equivalent to light-weight trousers/ shorts and short-sleeved shirt.

A typical T-shirt is estimated to result in **15 kg CO₂** over its lifetime, with half or more of the emissions arising from the usage (e.g. washing, drying and ironing).

Recycling one T-shirt will reduce more than **6 kg of CO₂ emissions**.



In 2012, **293 tonnes** of textiles were dumped in Hong Kong every day, which accounts for 3.2% of the total municipal solid waste.

Low Carbon Living

TRANSPORTATION



- ✓ Choose to walk, ride bicycle or take public transport to commute as often as possible.
- ✓ Take less polluting public transport, such as railways, trams and buses.
- ✓ Use the stairs instead of taking escalators or lifts.
- ✓ Spend holidays close to Hong Kong and choose direct flights to reduce carbon emissions, if possible.
- ✓ Switch off idling vehicles.



Taking a short haul return flight from Hong Kong produces **500 to 1000 kg of CO₂** per round.



Petrol vehicles emit **2.7 kg of CO₂** per litre consumed.



By bus and railway, each passenger journey results in only **38 g** and **9 g** of CO₂ emissions per km travelled respectively. However, each passenger in a two-person private car produces **120 g** of CO₂ emissions per km.

Low Carbon Living



DIET

- ✓ Buy food produced locally or from the neighbouring region.



- ✓ Do not over-order food and check expiry dates to avoid wastage.

- ✓ Buy organic food.

- ✓ Eat less meat but more vegetables. Eat locally grown fruits and vegetables that are in season.



- ✓ Simple cooking with less oil. Steaming and stir-frying are also energy-efficient ways of cooking.

- ✓ Cook several dishes at one time when using an oven / steamer.

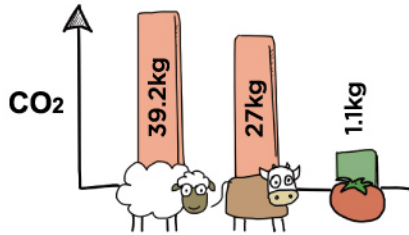
- ✓ Choose a cooker or oven of a suitable size for your family's needs.

- ✓ Store food properly; be aware of the expiry date.

- ✓ Avoid disposable tableware such as wooden chopsticks and polystyrene foam lunchboxes.



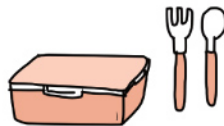
- ✓ Dine in instead of takeaway, bring a box to take away leftover food if needed.



Eating 1 kg of lamb leads to **39.2 kg of CO2 emissions** from production, consumption to waste disposal processes, which is the highest among food.



Municipal solid wastes include domestic wastes, commercial and industrial wastes. In 2012, there was an average of **9,278 tonnes** of municipal solid wastes per day in Hong Kong, of which only 39% was recycled. Recovered recyclable materials were mainly paper (54%), ferrous metals (23%) and plastics (15%).

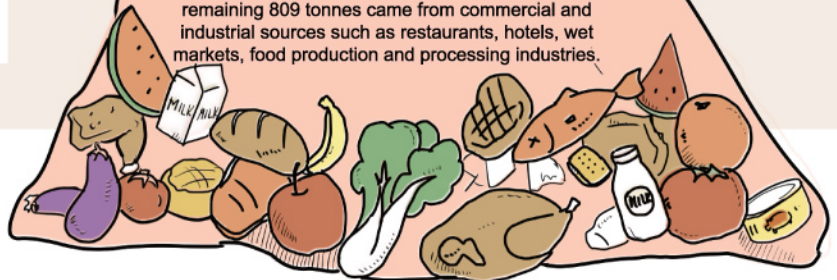


Bringing your own containers when purchasing takeaway food and using your own utensils can save up to **3.5 kg of CO2 emissions** per year.

In 2012, food waste was the largest municipal solid waste disposed of at landfills in Hong Kong every day, constituting close to


40% (about 3,337 tonnes).

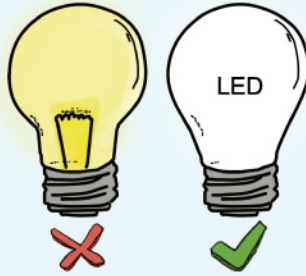
Of these, 2,528 tonnes were domestic wastes, the remaining 809 tonnes came from commercial and industrial sources such as restaurants, hotels, wet markets, food production and processing industries.



Low Carbon Living

LIVING

- ✓ Buy products only when necessary and think twice before purchasing.
- ✓ Recycle rechargeable batteries.
- ✓ Recycle waste electrical and electronic equipment (WEEE) such as computers, television sets, refrigerators, washing machines, video or audio equipment, microwave ovens, fans, cookers, air-conditioners and heaters.
- ✓ Use second-hand products, for example, furniture and books. 
- ✓ Use or print on both sides of the paper.
- ✓ Separate scrap paper, metals and plastic at home for recycling at home.
- ✓ Bring recyclable materials to community recycling locations where materials will be further processed and recycled locally.



One **LED light** can save **69 kg** of **CO2** per year compared to an incandescent light.

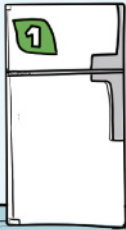
- ✓ Use natural day light as much as possible.
- ✓ Switch off lights when not in use.
- ✓ Use energy-efficient light bulbs such as LED light bulbs.

45  1 hour



One electric dryer can use up to 1.8 kWh of electricity per hour. This is, equivalent to switching on **45 light bulbs for an hour.**

- ✓ Avoid using electric clothes dryers.



Using a refrigerator with Energy Efficiency Grade 1 instead of a Grade 3 reduces over **100 kg** of **CO2** per year.

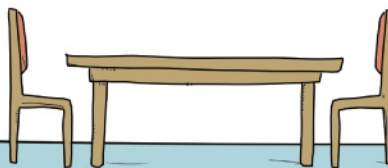
- ✓ Buy energy efficient electrical appliances.



Electrical appliances on standby mode consume 6% of electricity used in homes. Switching off TV, air conditioner, computer and other electrical appliances not in use can save 100 kg of CO2 per year.



- ✓ Turn down screen brightness of TV/computers.
- ✓ Turn off stand-by power.



- ✓ Choose rapidly renewable materials, and materials that are natural or contain recycled materials.



Recycling a mobile phone can reduce up to **50kg** of **CO2** emissions.



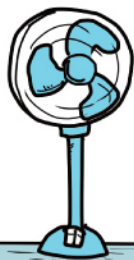
Each ton of reused bottles will reduce **1.5 ton** of **CO2** emissions.



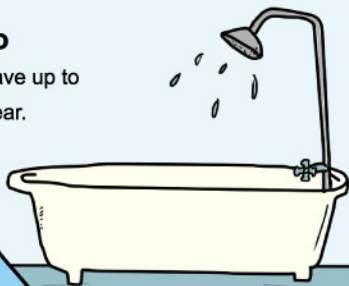
Recycling one ton of newspaper avoids **2.5 ton** of **CO2** emissions.

Use a fan instead of an air-conditioner for 4 hours every day,
1,130 kg of **CO2** emissions per year will be avoided.

- ✔ Use fans instead of air conditioners.
- ✔ When the air-conditioner is on, set the room temperature to 25.5°C.
- ✔ Keep windows and doors closed when the air-conditioner is running.
- ✔ Clean the filters of air conditioners regularly.



Restricting showers to 5 minutes or less can save up to
50 to 150 kg of **CO2** per year.



Water-saving

Bring your own reusable water bottle and check out places where there are drinking fountains to fill your bottle; Don't buy bottled water.

Avoid flushing unnecessarily.

Wash vegetables, fruit and dishes in a basin rather than under running water; turn off the tap while brushing teeth, soaping hands or shaving.

Take short showers instead of baths.

Wash clothes only when the washing machine has a full load. Use cold water to wash clothes.

Reuse water after washing fruits and vegetables to water your plants.

Use water saving devices, such as low-flow faucets for sinks/wash basins/showers, and dual flush water closet registered with higher water efficiency under the Water Efficiency Labelling Scheme.

Fix all leaking pipes and dripping taps.



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