# Reducing Consumption of Disposables

School Resource Handbook

## About this Handbook

Singapore's small land size has always been a constraint for waste management, and climate change is an existential crisis for Singapore and the rest of the world. Adopting a Circular Economy approach in which resources are used efficiently and channeled back into production at the end of a product's life instead of being regarded as waste, will reduce waste for disposal. This helps to address the land constraints we face and directly supports our climate change mitigation efforts. Towards this end, moving towards a "Zero Waste Nation" is one of the national environmental priorities for Singapore which everyone has a role to contribute.

Aligning with the Zero Waste Nation objective, this Handbook aims to equip teachers with relevant information on the topic of Reducing Consumption of Disposables. Teachers can refer to the Handbook for information and a series of suggested engagement activities to encourage students to reduce their use of disposables in school and at home, which will in turn reduce the amount of waste generated and help instill habits and practices that promote sustainable and mindful consumption.

## Learning Outcome 1: What Are Disposables?

This section aims to help students identify and understand the common uses and examples of disposables.

The slides provide visuals of commonly used disposables. The teacher's guide provides additional details on the various kinds of materials that disposables can be made of, and a brief history of disposables and how they came to be widely used.

## Learning Outcome 2: Why Does Reducing Disposables Matter?

This section helps students to take a more in-depth look at the environmental impact of disposables and the waste generated by our use of disposables, and hence understand why it is important to reduce our usage.

The slides cover the environmental impact of disposables in terms of resource consumption, climate change impact, and waste generation; and also why biodegradable disposables are not so environmentally friendly in Singapore's context where we have a comprehensive solid waste management system and measures against pollution and littering. More details are given in the teacher's guide.

## Learning Outcome 3: What Has Been Done So Far?

This section describes a few initiatives to reduce the consumption of disposables, such as ground-up and nation-wide campaigns, and initiatives and policies to reduce disposables at Community

Spaces and supermarkets. The slides touch on the overarching goals of the Zero Waste Masterplan as well as the initiatives to reduce the use of disposables. The teacher's guide provides additional information on regional and international efforts to reduce the use of disposables, especially single-use plastics.

**Learning Outcome 4: How to Reduce Disposables?**

This section describes the various actions schools and students can take to help reduce overconsumption of disposables not just in school but at home too. The examples shared are some of the more common actions that teachers can discuss with students.

Simple actions such as pledging to reduce waste is a good start to motivate students to start a new habit. Teachers can consider moving beyond a theoretical approach by having more hands-on activities which are integrated into everyday practices. A few tips and suggested activities that students can share with their family and friends to reduce disposables have been provided.

**Section 5: Suggested Activities**

This section lists the various activities that teachers can conduct with students to raise awareness on the issue of consumption of disposables in Singapore, ranging from classroom activities, videos, and quizzes to projects and fieldtrips. The slides provide instructions that students can follow for each activity, while the teacher's guide provides details on the age group, group sizes, time needed, materials required, and learning objectives and flow; as well as the answers to quizzes.

**Section 6: Educational Materials and Information Sources**

This section shows the relevant educational posters, brochures, videos and relevant links on reducing disposables. Teachers may make use of these resources to conduct outreach activities. More resources can be found in the websites, applications and social media accounts under the following sub-section, "Information Sources".

For more information, you may visit the sources indicated inside the resource pack or contact NEA for any clarification.

**Reducing Consumption of Disposables**

School Resource Handbook

## Credits

The National Environment Agency would like to thank the following for their contribution in co-developing content for this resource aid:

1. Participants from the Citizens' Workgroup on Reducing Excessive Consumption of Disposables:
   Tan Yong Yi
   Rachel Ong
   Sangeeta Nair

2. World Wide Fund for Nature Singapore