

Smart Living Tips

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WASTE



Do you know each person on average produces ½ kg of waste daily?

Garbage is the main source of diseases. If we continue to pile up garbage like this, our children and grandchildren will have no hope to pursue a healthy life. This is the right time to start thinking about waste management. We should try to reduce the amount of waste produced.



Household waste



Industrial waste

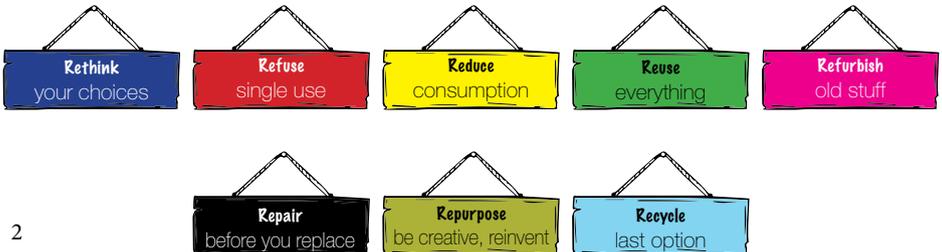


Animal waste



Institutional waste

The slogan for effective solid waste management is 8R's:



1

Segregating waste is the single most important waste management responsibility of every individual. Each category of waste has its usefulness. Many waste products can be organic or non-organic in nature, and could be reused or recycled.



There's cash in your trash.
Recycling saves money & protects the environment.



Contact agents in your local area
to dispose your waste.



2

Waste produced from vegetables, fruits and crops are organic waste. Make compost pit for your kitchen garden from these wastes. They are a good source of manure.



Organic food is good for health.



3

Eat the right amount of food at the right time, Do not waste food.



4

Do not litter the environment with your old clothes and shoes. They can be of use to somebody in your community.



Sharing is loving ! Learn to share and give your unwanted things to others.



5

Plastics are harmful to our environment. Some types of plastic take more than 500 years to degrade into the soil. Graciously refuse plastic bags from shops as carry bags.



Make a point to carry your own shopping bags.

6



Buy only essential goods and ignore others while shopping. Prepare a shopping list and stick to it.



The more you shop, the more you are accumulating waste.

7

Carry your own packed lunch to school and at play. Eating junk foods or staying hungry is harmful to your growth and development.



8

Drinking water is good for our health. Carry your own water bottle.



9

Collect your own waste from a picnic or programs outside your home and school.



My waste is my responsibility.

10

Respect and support the waste collectors in your community. Cooperate with municipality to keep our community safe from environmental hazards.



Think differently and behave smartly for a clean environment.

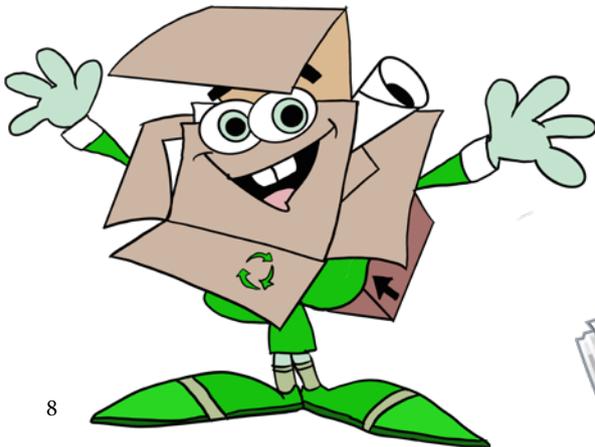
11

Without water, no form of life could exist on earth. Do not dump waste into rivers or streams.



12

Saving paper is a step towards conserving the environment. Thousands of trees are cut down worldwide to manufacture paper. Reduce use of paper by maximizing its use; such as using both sides of it or opting to go paperless



Save trees today for a better quality of life tomorrow.



13

Avoid littering in public places.



Take care of your litter as much as you do for your personal possessions.



ENERGY

Making improvements to your home's lighting is one of the simplest and least expensive ways to reduce your energy costs. Lighting accounts for about half of your home's electric use. New technologies can reduce the amount of energy used for lighting in your homes by 50 to 70 percent.



Saving energy isn't about compromising on your daily needs, but it is all about making a judicious use of the energy.

1

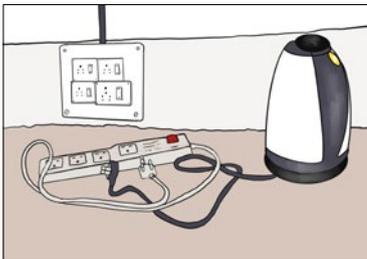
Let the sunlight in! Open windows, curtains, blinds and shades over windows facing the sun.

Natural lighting is the best source of light and warmth.

2

Many electrical appliances in our home continue to draw power even when they are kept on 'stand-by' mode. In an average home, lots of power is wasted while the appliances are kept plugged in, even when not in use.

Unplug electrical cords from the sockets when not in use.



3

Always look for the ENERGY-STAR label when purchasing lighting and other electrical hardware.



Higher the number of stars, better the energy efficiency.

Be a leading star of your own energy consumptions.



4

Switch to fluorescent bulbs (CFLs) for lighting in your homes. CFLs use 75 percent less energy compared to ordinary electric bulbs, while it lasts longer and provides the same amount of brightness

Be a consumer of smart appliances



5

Use lids on pans and pots to keep water from boiling away faster.



Practice ways to cook faster while reducing energy use.

6

Properly fixed windows and doors are big energy and money savers. They can reduce heating costs by as much as 50 percent by preventing warm air from escaping.

Cover all holes and gaps in windows and doors fittings to prevent cold or hot air escape from rooms.

Saving energy through simple technology



Water

Water shortages are real, it should be conserved all the time.

To begin conserving water, everyone needs to know some simple facts:

- Fresh water is a limited resource.
- Fresh water costs a great deal of energy and money to pump, move and purify if not conserved.



Conservation is everybody's responsibility. Most of us can significantly reduce our household water consumption if we change some of our habits.

1

Prevent the pipes from exposure to severe cold temperature. Check them regularly. Inform and seek the service of the local water authorities for repair and maintenance of the broken pipelines.



Fix water pipe leakages.
Water is a scarce resource,
do not waste it.



2

Water is precious, and is becoming even more. So, use water judiciously. Close the water faucets (taps) immediately after every use.

Every drop counts!

SAVE WATER



3

Collect rainwater in a barrel or other large container that has a lid. Use it to water your gardens. Rainwater is actually better for your plants as it does not contain any chlorine and is at ambient temperature.

Water cycle and the life cycle are one.

4

Use a small pan of water to wash, peel or clean vegetables rather than letting the water run to clean them. 'An easy task, but a great service to the environment.'



5

Soak pots and pans before washing. It is easier to wash and it saves water.



Water is precious, conserve when you do dishes.

6

Bathroom use accounts for about 65 percent of the water used inside our homes. Check regularly for any leaks and fix them. Most common bathroom leaks are found in faucets and in and around toilets.



A little extra effort can save water being wasted

7

Wet the toilet pot with water before using it. Doing so helps in easy cleaning with less water.



8

DO NOT use the toilet to dispose paper, facial tissues, or cigarettes and avoid flushing unnecessarily.



Soak the dirty clothes together in a bucket before washing. Wash and rinse the clothes together.

9

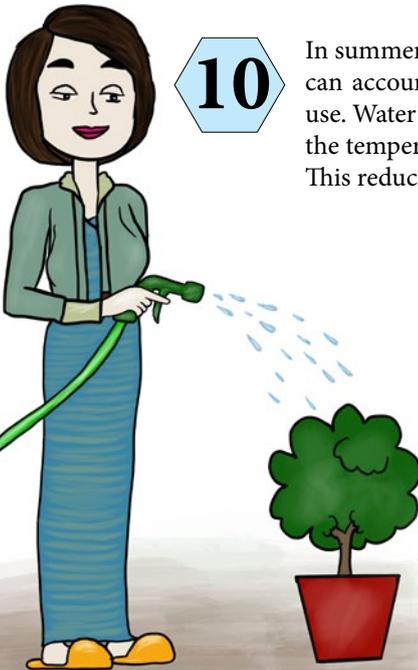
If you are using the washing machine, wash only with full loads of clothes.



Make optimum use of resources.

10

In summer, lawn watering and other outdoor uses can account for up to 50 percent of home water use. Water lawns in the early morning hours when the temperature and wind speed are at the lowest. This reduces losses from evaporation.



Water comes with a cost. Be judicious in its use.

11

Take a bath by collecting water in a bucket instead of taking water straight from the Faust or shower.



Save water by whatever means possible.

12

Do you know?

Using running tap water to wash your face and brush your teeth can waste about 50 litres of water.



Life depends on water, the reservoir depends on you



Do
Not
Spit