

## **Green Tips 環保小貼士**

### **節省能源**

冷氣機在炎夏可佔總家居用電量達 50%，所以選購適合的冷氣機及恰當地使用非常重要，慳電慳錢之餘更可為環保出一份力。

### **如何選購？**

選購時除參考能源標籤外，亦可留意冷氣機是否採用 R410A 環保雪種，此雪種不會破壞臭氧層，而且制冷強及能源效率高等優點。變頻式技術更可以節省 30% 能源以上！

### **您可以室內空間積挑選合適匹數的冷氣機：**

適用面積	匹數
120 平方呎以下	1 匹
120 – 150 平方呎	1.5 匹
150 – 200 平方呎	2 匹

### **不夠凍？立即測試！**

當室溫穩定時，若冷氣機出風口與室溫差別大幅少於 8 至 10 度，即表示冷氣機效能欠佳，可請有經驗的技工進行檢查。

### **“冷”知識 您要識**

- 1· 每調高 1 度可節省 3% 的電力，溫度設定在 25 攝氏度，既舒適又慳電。
- 2· 配合電風扇使用，可加速冷氣流動速度，更涼快慳電。
- 3· 每 2 星期清洗過濾網或隔塵網，以免積聚灰塵，可減低用電量 5-15%。

## **Make Your Next Coffee Break Extra Green 更環保地享受咖啡**

Invest in the perfect reusable mug and kick the styrofoam disposable cup habit  
投資於可重覆使用的杯子，戒掉使用泡沫塑料即棄杯子的習慣。

Resist the temptation to use individually packaged sugars, creamers and stirrers  
抵制使用獨立包裝的糖，奶精，及即棄攪拌棒。

Be your own barista. If you're on the market for a new coffee maker, try a French press.  
Unlike most coffee machines, French presses are manual, don't require paper filters, and use less water and energy per brew

自己沖咖啡，如果你正要選擇咖啡機，可嘗試法式壓濾咖啡壺，不像大多數的咖啡機，法式壓濾咖啡壺都是人手操作，不需要過濾紙，而且每次沖泡都使用較少水和能源。

Give your coffee grounds a second life. Keep them handy in the kitchen to scrub grease off of pots and pans or try placing them in the refrigerator to absorb common odors. Coffee grounds also make great plant fertilizer. Sprinkle them on soil to add a natural nitrogen boost.

善用咖啡渣，咖啡渣有助擦洗鍋盆的油脂，也可放置在雪櫃作除味用途，咖啡渣也很適合植物肥料，把它們撒在土壤中可增加氮以推動植物生長。

## **Facts about Bottled Water 樽裝水的認知**

17 million barrels of oil are used in the production of water bottles nearly enough to fuel 1 million cars for a year. 每年有 1700 萬桶原油用於生產水樽，足以推動 10 萬輛汽車一年。

It takes 3 times the amount of water to produce the bottle as it does to fill it.  
用以生產水樽的水是水樽的裝水量三倍。

The transportation of bottled water from its source to stores releases thousands of tons of carbon dioxide. 運送樽裝水從源頭到商店排放成千上萬噸的二氧化碳。

Only 1 in 5 water bottles are recycled. The other 4 contribute to the 3 billion pounds of waste from plastic water bottles. 只有 5 分之 1 的水樽會被回收，餘下的造成了 30 億磅的廢棄膠樽。

Are you spending money on bottled water when perfectly clean drinking water is readily available ?即使有乾淨的食水，你還是會花錢買樽裝水嗎？

Avoid bottled water whenever you can reduce unnecessary waste and conserve resources  
珍惜資源，減少廢物

## Biodegradable Plastic 可生物降解塑料

Some of the biodegradable plastic products in the market include bathroom products, pen, cutlery and shopping bag.

市面上的一些可生物降解塑料產品例如浴室用品，筆，餐具，購物袋。

Conventional Plastics 傳統塑料	Biodegradable Plastics 可生物降解塑料
Made from fossil oil 由石化油製成	Commonly made from renewable resources such as corn, potato and wheat 通常以玉米，馬鈴薯和小麥可再生資源製成
Accumulation in landfills takes up valuable space and threatens the environment 堆積在垃圾堆填區佔用寶貴的空間，並 對環境造成威脅	Capable of being decomposed by bacteria of other living organisms 可被細菌或其它生物分解

However, biodegradable plastics are usually are usually not good for landfill, since they emit methane in the anaerobic situation. They must be industrially composed at high temperatures and with air and water.

可是，可生物降解塑料並不適合被棄置於垃圾埋填區，因它們在無氧的情況會排放甲烷。它們必須在高溫下以工業堆肥處理並需要空氣和水。

## **Over-Consumption 過度消費**

Have you ever thought that even one T-shirt or a pair of sports shoes can reduce more severe climate change.

有否想過，一件 T 恤，一對波鞋，都會加劇氣候變化？

Most of the raw materials for producing consumer goods are natural resources from deforestation.

商品的原材料大多是從森林開採的天然資源。

The manufacturing processes inevitably consume energy and release green house gases.

製造過程不免消耗能源和釋出溫室氣體。

A T-shirt may be sold at a hundred dollars, but have you considered its environmental cost?

一件 T 恤可能只售一百幾十元，但你有計算它的環境代價嗎？

Buying unnecessary things will result in the increased burden on landfills, generating high-heat storage methane which has a greenhouse effect 21 times higher than that of carbon dioxide.

買下沒有用的東西，結果會加重堆填區的負擔，產生貯熱量極高的甲烷。

Reduce unnecessary consumption starting from today ! This saves money, our planet, as well as people threatening by climate change !

從今天開始，減少不必要的消費，既可慳錢又可拯救地球和受氣候變化威脅的人。

## **Green Holiday Travel 環保旅遊**

Four ways for travelers to reduce carbon footprint while travelling

有助旅客減低旅行的碳足跡的四種方法

**Non – Stop Flights :**

Book non-stop flights whenever possible. A significant percentage of a plane's carbon emission come from takeoff and landing.

直飛航班 – 盡量選擇直飛航班，因為飛機起飛和降落佔飛機碳排放量的重大比重。

**Go Biking :**

Participate in Earth-friendly transportation options like biking, walking and taking public transit. These alternatives are often cheaper than taking a cab or entering a car.

騎自行車 – 選擇較環保的交通工具如騎自行車，步行和公共運輸。這些選擇通常比的士或租車平宜。

**Reusable Bottles :**

Bottled water included carbon footprint in the both the production and transportation process.

So carry a reusable container and drink local water when you're on the go.

可重用的水樽 – 隨身攜帶可重複使用的容器，在旅途中喝當地的水。因為樽裝水在生產和運輸過程均會產生碳足跡。

**Buy Locally :**

Buy local products whenever possible instead of buying products that have been flown or shipped in from oversea. However, do not buy souvenirs or other products made from endangered animals or plants.

購買本地產品 – 購買時盡量選擇本地產品，而不是從海外進口的產品，但不要購買瀕臨絕種動物或植物製成的紀念品或產品。

## **Lighting Efficiently – Learn More About the Lamps and make Smart Choices**

### **高效率照明 – 認識各種燈，精明選擇做得到**

#### **Incandescent Lamp 鎢絲燈**

Only 5% of energy to light up while the rest is wasted to heat

只有 5% 能量會轉化為，其餘 95% 轉化為無用的熱能而浪費掉。

#### **Fluorescent Tube 光管**

Higher luminance, save energy, use less glass, mercury and packing materials

能提高發光效率，使用較少玻璃，水銀及包裝物料。

#### **Compact Fluorescent Lamp, CFL 慳電膽**

Consist of all advantages of fluorescent tubes, and compared with incandescent lamps of the same luminance, it saves over 75% of energy. The lifetime of CFLs is also 10times longer than incandescent lamps ( 10,000 hours )

具有光管的所有優點，並且耗用的電力比相同光度的鎢絲燈少 75% 以上。H 慳電膽的壽命平均為 1 萬小時，比鎢絲燈泡高 10 倍。

#### **Light Emitting Diode LED 發光 2 極管**

Long-lived for 40,000 hours; no mercury, ultra-violet or infra-red radiation

壽命長，可用上 4 萬小時；沒有水銀，紫外線或紅外輻射。

#### **Correct Use of Lights 正確做法知多的**

#### **Take advantage of nature light 盡量利用自然光**

If you turn on and off a fluorescent tube or CFL very frequently, its life span can be shortened by more than 60%

不要頻密開關光管或慳電膽，否則壽命將會減小 60% 以上。

## **Have a Green Christmas 歡度綠色環保聖誕**

Celebrating a green Christmas isn't about "going without"; it's about being thoughtful and considerate of not creating waste at a time of celebration, as a show of respect for the occasion and for our environment !

愛惜環境，慶祝佳節的同時減少不必要的浪費，讓普天同慶日子過得更有意義！

### **Be Considerate of Paper**

Lesson the amount of cards sent by using electronic cards over the internet.

減少寄送聖誕卡，以互聯網的電子卡代替。

Use an item of clothing fabric, a handkerchief, or a scarf to wrap gifts in. This saves on paper completely and looks really pretty and novel. The wrapping is a gift and won't be tossed away.

用衣服，布料，手帕，或圍巾包裹禮物。這樣可以節省紙張而且看起來十分漂亮新穎。這樣的包裝材料也是一份禮物，不會被丟棄。

Make fabric gift bags and reuse them year after year within your family. Make it a family tradition to gather up the cloth bags are opened and to return them to their storage basket.

用布料自製禮物袋，在家庭裡重複使用，每次折開禮物後把禮物袋收集並儲放好，讓它成為家庭的傳統習慣。



## **Green Spring Cleaning 環保春節大掃除**

It's Spring Cleaning time ! Here are some great Green Spring Cleaning Tips that will make the job go safer for you and the environment :

又來到春節大掃除的時間！以下是一些對您及環境安全的環保清潔技巧：

**Avoid cleaners containing phosphates – When they get into rivers and lakes, they cause algae blooms which killing aquatic life.**

避免使用含磷酸鹽的清潔劑 – 流入河流和湖泊會導致藻類大量繁殖而殺死水生生物。

**Use reusable cloths – Instead of throwing away one-use items like paper towels and mop pads, use old t-shirts and other rags that you can wash and use again.**

使用可重複使用的布 – 使用舊 T 恤和其他可清洗並重用的碎布，不要使用一次的物品例如紙巾和拖把紙。

**Minimize use of bleaches – The most common bleach is chlorine, which in wastewater can create toxic compounds.**

盡量少用漂白劑 – 最常見的漂白劑是氯，於廢水中可產生有毒的化合物。

**Follow instructions – When cleaning, remember to use no more than the recommended amount.**

謹導指引 – 清潔時，切勿使用多於指示的份量。