

# SAY YES TO WASTE LESS ACTIVITY GUIDE

## ACTIVITY

Decorating Reusables  
to Encourage Usage

## LEVEL

Lower Primary



**Duration****Instructions****Resources**

Pre-activity  
(1 to 3 days before)

- The activity can be led by a teacher or Green Club members to guide their fellow students, fostering leadership skills and stronger bonds among the students.
- If led by a student, the teacher will serve as a facilitator during the activity.
- Inform students to bring a reusable item to class for the activity. For example, a reusable water bottle or lunch box. This reusable item can either belong to the students or their parents/family members.

Introduction  
(15 mins)

- Share the objective of today's activity: to learn that there's always a personal price to waste, and how we can all play a part in keeping Singapore clean and green.
- Share these two wasteful facts to explain why it's important to reduce waste:
  - **WASTEFUL FACT #1**
    - Singaporeans wasted **813,000 tonnes of food** in 2022. That's the same as 2 bowls of rice per person per day.
  - **WASTEFUL FACT #2**
    - Singaporeans discarded **265 million kg of disposables** in 2022. That's equivalent to 500 Olympic-sized swimming pools or 5,300 4-room HDB flats.
- When we use disposable containers when taking away food, we don't just harm the environment - we also waste up to \$550 a year. That's almost 11 trips to Universal Studios.
- And throwing away side dishes we can't finish costs us up to \$1,100 a year. That's nearly 1,000 blox fruits!
- By making small changes to the way we live, we can help make Singapore cleaner and greener. It's as simple as saying **YES** to reducing our use of disposable and saying **YES** to reducing food wastage.

Refer to **Annex** for for more tips on reducing disposables and food wastage.

Activity  
(30 mins)

- Give an overview of the activity: to decorate their reusable items in their own special way, so that they will be proud to keep and use their reusable item.
- Students will be given a sticker sheet each, and encouraged to decorate the reusable items they have brought in their own way.
- After decorating the reusable items, students to design a poster/note around reducing wastage. The poster serves as a reminder to reduce disposables and/or food wastage at school or for students to bring home to share Say YES to Waste Less messages with their family. At the school's discretion, selected posters could be placed around the school, in classrooms or at the canteen.

Sticker sheet,  
Reusable item,  
Drawing  
materials such as  
colour pencils,  
markers,  
drawing block

## Duration



Review  
(15 mins)

## Instructions



- Select a few students to share their decorated item and poster/note with the class, and how the activity made them feel.
- Remind the students to use their reusable items to reduce wastage and save money (refer to tips listed in the **Annex**).
- The teacher may then conclude the activity.

For more information and actionable tips, visit **Clean and Green Singapore**.

**Show off your students' masterpieces! Share photos and/or videos and tag @cleanandgreensg with #SayYESToWasteLess.**

## Resources



# ANNEX

## MORE TIPS ON WHAT WE CAN DO TO WASTE LESS

### - Tips to reducing disposables

1. Opt out of disposables where possible (e.g., when ordering online / in-store, decline cup holders, cutlery and straws for takeaways)
  - a. Use your own reusable cutlery
  - b. Use your own reusable drink carrier
2. Bring your own reusable bag
  - a. Leave reusable bags near your home entrance or keep some in personal bags
  - b. Refuse bags if items can be carried in hands / pockets / personal bags
3. Bring your own bottle when ordering drinks for takeaway
4. Bring your own container for takeaway meals or snacks
5. Find alternative ways to bag trash instead of using plastic bags (e.g., reusing plastic wrapping, paper bags, yogurt tubs)

### - Tips to reducing food wastage

1. Prevent and reduce food wastage at the source
  - a. Make a shopping list and keep to it
  - b. Keep near-expiry food items within easy view
  - c. Store excess food properly to avoid wastage
  - d. Ask for less rice / noodles if you can't finish them
  - e. Say 'no' to side dishes you don't eat
  - f. Give ugly fruits / veggies a chance, and save money at the same time as they're usually discounted
2. Redistribute unsold / excess food
  - a. Donate safe and edible food items that you no longer wish to consume
3. Repurpose / recycle / treat food waste
  - a. Repurpose food waste (e.g., using odds and ends of veggies to make soup stock or other dishes)
  - b. Recycle food wastage through community food waste recycling programmes or food compost bins

## THE MATH BREAKDOWN

Interested in how we calculated the price of waste? You'll find our math breakdown below.

### DISPOSABLES

#### Disposable Container

Cost of 1 takeaway container = \$0.50  
3 meals a day x \$0.50 = \$1.50  
365 days a year = **\$547.50**  
(rounded up to \$550)

Cost of 1 ticket to USS = \$50  
Number of trips:  $(550 / 50) = 11$  trips

#### Disposable Bag

Current plastic bag charges:  
\$0.05 per bag for supermarkets  
\$0.50 to \$0.10 for other retailers  
4 bags for a large grocery run = \$0.20  
1 bag for small grocery run = \$0.10  
2 bags for non-grocery run = \$0.20  
A month of 4 large + 12 small + 2  
non-grocery = \$2.40  
12 months a year = **\$28.80**  
(rounded up to \$30)

Cost of 1 rocket fruit (cheapest blox fruit)  
= 60 robux  
1 robux = 1.85¢  
60 robux = \$1.11  
Number of blox fruits =  $(30 / 1.11) =$   
**27.02 blox fruits**

### FOOD WASTAGE

#### Extra Side Dish

Cost of side dish at fast food outlets =  
\$3 to \$7 (using the upper bound figure)  
3 times a week = \$21  
52 weeks a year = **\$1,092**  
(rounded up to \$1,100)

Cost of 1 rocket fruit (cheapest blox  
fruit) = 60 robux  
1 robux = 1.85¢  
60 robux = \$1.11

Number of blox fruits =  $(1,100 / 1.11) =$   
**990.99 blox fruits**

#### Expired Groceries

1 in 3 Singaporeans throw away more  
than 10% of food weekly. That works  
out to throwing away an average of  
\$258 worth of unconsumed food a year.  
\$342 million of wasted food a year.  
Using MAS's inflation calculator, \$258 in  
2019 would cost **\$297.01** in 2023.  
(rounded up to \$300)

Cost of 1 ticket to Legoland = \$48.27  
Number of trips:  $(300 / 48.27) =$   
**6.21 trips**