



# Sustainable Consumption for Life!

*Smart Saving Tips for Everyday Living*

**Directions: Close your eyes and point at the pictures.  
Follow the advice your finger lands on for a sustainable living today!**

Take your own bags for shopping to carry home groceries. Plastic bags are not environment-friendly and are non-biodegradable.



Use a bicycle or walk for short trips and local shopping. It's 100% environmental-friendly and keeps you fit!



Turn off televisions, stereos and computers when not in use - they can use between 10% and 60% of the power when on and contribute to global warming.



Prepare and bring home-cooked meals to work or school. It's healthier and far more economical than eating outside.



Collect unused paper products at home and take them to recycle centers. Recycling of wood products can save millions of trees a year.



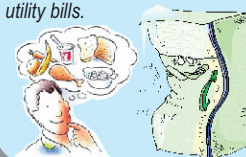
Stop using chemical pesticides. Planting certain plants in your kitchen garden, such as mint and basil can help to keep pests away.



Replace lights used with compact energy-saving fluorescent lamps. They use 1/4 of electricity and last 4 times as long as a normal light bulb.



Decide on what you need before opening the fridge. Repeated opening waste electricity and adds up to your utility bills.



Avoid using styrofoams. It's non-biodegradable and depletes the ozone layer. It's the only Earth we have and will leave for our future generations.



Volunteer for a green project in your local community. Start or join a community environment program to preserve the environment in your neighborhood.



Share the advice and tips you've learned on sustainable consumption with your family and friends.



Cool your house the smart way. Use white window shades, drapes, or blinds to reflect heat away. Air conditioners contribute to global warming.



Buy locally grown food. Not only will you be saving money but you are also supporting the livelihood of local farmers.



Help reduce the world's rubbish dumps - don't use disposable products like paper plates and napkins, plastic utensils and cups.



Saving water means saving electricity; because one of the biggest users of electricity is supplying water and cleaning up sewage!



Follow nature's way to care for your garden. Use organic compost instead to improve soil health for gardening.



Ministry of Domestic Trade  
and Consumer Affairs (MDTCA)



Smart  
Consumer



Federation of Malaysian  
Consumers Associations  
(FOMCA)