

# GREEN SHOPPING

101

With these tips, not only will you be wiser about what makes for a greener purchase, you will also know which items to steer clear of

Every day, we are acquainted with more and more events which show how much human activity has resulted in the earth being polluted with plastics and toxins. Many of these harmful elements can be found in items that we use daily, or come wrapped in plastics that are not disposed of

carefully. Finding small ways to make changes in our daily habits are more important than ever, as even one person's environmentally-conscious behaviour can have a resounding positive impact. The trick is to simply make slightly better choices, that will not pollute our delicate ecology. Here's how:

## AVOID PRODUCTS WITH MICROBEADS

Many scrubs, face washes and shower gels contain microbeads (tiny non-biodegradable plastic beads less than 1mm) that pollute oceans and are ingested by marine creatures. Microbeads are made of: Polyethylene (PE), Polypropylene (PP), Polyethylene terephthalate (PET), Polymethyl methacrylate (PMMA), Nylon (PA). When you shop next, avoid items with these ingredients.

## CHOOSE CLEAR, NOT COLOURED BOTTLES

Did you know that bottles made of clear, transparent, and white plastic are easier to recycle? That's because coloured plastic bottles are difficult to recycle and require several complex processes. To avoid this, just opt for products that come in clear bottles, whenever possible.

## SWAP SHOWER GELS FOR SOAP BARS

Swapping to solid soap bars is one of the easiest things to do to reduce your plastic waste, and for good reason. One can usually buy soap bars in loose or in recyclable cardboard packets whereas liquid soap almost always comes in a plastic bottle. Besides this, liquid soap production requires much more energy.

## STICK TO PHYSICAL SUNSCREENS, ESPECIALLY IF YOU'RE GOING TO THE BEACH

Hawaii banned chemical sunscreens in 2018 because ingredients like oxybenzone and octinoxate kill coral reefs by preventing their reproduction. It's not terribly difficult to ditch these ingredients and still protect your skin. All you need to do is buy physical sunscreens - made of titanium dioxide and zinc oxide.



Physical Sunscreens contain active mineral ingredients, such as titanium dioxide or zinc oxide, which work by sitting on top of the skin to deflect and scatter damaging UV rays away from the skin. They are often referred to as physical blockers.



## BUY IN BULK AND PUT THEM IN TRAVEL-SIZED CONTAINERS WHEN TRAVELLING

Instead of buying hundreds of small bottles of products, make your purchases bulkier. This will involve you spending less, and also wasting less plastic. For when you need to travel with smaller-sized products, buy a set of travel-sized empty bottles and fill them with product from your full-sized bottles. You can keep re-using these travel minis and you needn't purchase small bottles of shampoo or shower gel separately.



## FORGET MAKE-UP WIPES

Makeup wipes are not made of only cloth; these environmentally-toxic products contain plastic fibres which are not biodegradable. So, every night when you feel too lazy to take off your makeup properly and end up using these, you essentially contribute to more toxins in the earth's soil. So, just wash your face with facewash and water.

## DITCH PALM OIL TO SAVE THE RAINFORESTS

Everyday we use products containing a controversial ingredient which is pushing orangutans to the brink of destruction. Palm oil is found in more than half of supermarket products, including butter, mayonnaise, soap, biscuits and even breakfast cereals. And the growing demand for its use in food products, cosmetics and biodiesel is devastating tropical rainforests across South East Asia. The only practical thing to do is to avoid products with palm oil - and let brands and supermarkets know why.

## CLIMATE ALERT: UN says we need to act quickly to keep climate goals within reach

Here's why global greenhouse gas emissions need to go down by 55 percent by 2030

A report by the UN Environment Program, published before governments gather in Madrid for an annual meeting on climate change, showed the amount of planet-heating gases being pumped into the atmosphere hitting a new high last year, despite a near-global pledge to reduce them. Man-made greenhouse gas emissions rose in 2018 to

ide, methane and other greenhouse gases will have to drop by 7.6 per cent each year in the coming decade, the agency said.

Scientists say the 1.5C target - contained in the 2015 Paris climate accord - would avert some of the more extreme changes in global weather patterns predicted if temperatures rise further.

"What we are looking at



Tourists look at an iceberg from the seashore of King's Point in Newfoundland, Canada.

To stop average global temperatures from increasing by more than 1.5 degrees Celsius this century compared with pre-industrial times, worldwide emissions of carbon dioxide, methane and other greenhouse gases will have to drop by 7.6% each year in the coming decade

55.3 billion metric tons of carbon dioxide, according to the UN's annual 'emissions gap' report. While much of the increase came from emerging economies such as China and India, some of those emissions are the result of manufacturing outsourced from developed countries.

## Quick wins

"We need quick wins to reduce emissions as much as possible in 2020," said the agency's chief, Inger Andersen.

To stop average global temperatures from increasing by more than 1.5 degrees Celsius this century compared with pre-industrial times, worldwide emissions of carbon diox-

is really that emissions need to go down by 55 percent by 2030," said John Christensen, lead author and director of the UNEP-Danish Technology Institute Partnership.

Even the less ambitious goal of capping global warming at 2C (3.6 F) would require annual emissions cuts of 2.7% between 2020 and 2030, UNEP said.

That currently seems unlikely. At present, national pledges would leave the world 3.2 degrees Celsius warmer by 2100 than pre-industrial times, with dramatic consequences for life on Earth, the UN agency said. Getting the world back on track to 1.5C would require a five-fold increase in measures pledged so far, it calculated. AP



## Clownfish may not adapt to changing climate: Study

The orange and white-striped fish made famous by the film 'Finding Nemo' could soon be lost for ever due to climate change, warn scientists. Clownfish live in mutually-beneficial association with sea anemones by attracting fish for them to feed on and removing waste, while receiving a home in return. But anemones live on coral reefs which are at risk from warming seas and threats such as pollution and human intrusion. Researchers found this also puts clownfish at risk because they are so picky about where they breed. DAILY MIRROR

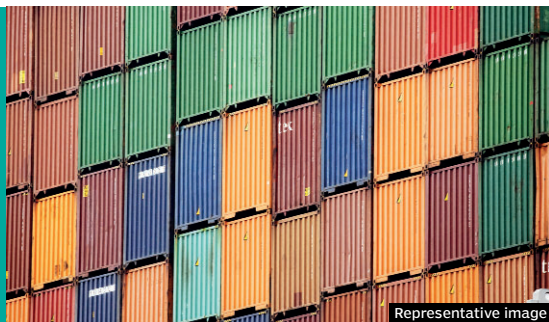
## Orangutans may face extinction over forest fires

Orangutans face extinction because fires linked to palm oil producers are destroying the trees they live in. Wildfires have been raging in Sumatra and Borneo's rainforests since July. Officials said about 80% were started to make room for palm plantations, reportedly destroying 800,000 acres. The World Wildlife Fund estimates there are 104,700 Bornean orangutans in Malaysia and Indonesia but numbers are falling due to habitat destruction.



## Malaysia to return 42 containers of illegal plastic waste to United Kingdom

Malaysia will return 42 containers of illegal plastic waste to the UK - as the Southeast Asian nation continues its fight against becoming the world's dumping ground for trash



Representative image

The containers, which arrived at Penang Port between March 2018 and March 2019, were classified as illegal because they failed to comply with the

necessary paperwork, according to a joint statement by Malaysia's Ministry of Energy, Science, Technology, Environment and Climate Change and the British High Commission

in Kuala Lumpur. Malaysia joins governments in Asia, including the Philippines, Thailand and Indonesia, which are pushing back against unwanted rubbish from overseas that

has accumulated within their borders and led to illegal recycling, open burning, as well as illnesses tied to water and air pollution.

The agreement to repatriate the containers came after the UK's environmental agency visited Malaysia in response to news of illegal plastic trash in the country, according to the statement. "This co-operation signifies a recognition that plastic pollution is a global issue which requires commitment from various countries to address the problem," said Malaysia's Environment Minister Yeo Bee Yin. BLOOMBERG

## Climate spending commitments take a leap

According to experts, climate change related spendings are increasing

The money being committed to address climate change has jumped 54 per cent this year in response to efforts to check global warming, according to a study. Climate-related financing commitments since 2011 total \$5.48 trillion globally, up from \$3.56 at the end of 2018, according to Resilience Intel, a data aggregator that was formed by Citizens' Climate Education and other nonprofit groups. More than half the total is from multilateral development banks, with the

rest coming from other lenders and large financial institutions, climate bonds, private companies and governments. Investment commitments have risen after the 2015 Paris Agreement spurred nations to take aggressive action on climate change.

The world needs to slash greenhouse gas emissions 7.6 per cent a year over the next decade to meet the Paris temperature goals, the United Nations Environment Program.

"The Paris Agreement framework, the race-to-the-top framework, is working," said Joe Robertson, global strategy director for Citizens' Climate Education. BLOOMBERG

Photo: Getty Images

## AROUND THE WORLD



## PLASTIKWOOD

Ukrainian director Vlad Yudi used plastic in various shapes and forms to create settings for a horror set titled 'Wrapped in plastic'. Cartoon decorations were embedded into a bigger same-name exhibition fully made of recyclable and non-recyclable waste. REUTERS

## DEFORESTATION

Miller Chizema, an 82-year-old villager, sits on a pile of felled logs from the indigenous Mopani tree in a forest clearing in Mhondoro Ngezi district, Zimbabwe. The Mhondoro Ngezi district (Harare) has experienced increased deforestation as trees are cut down for making charcoal. Zimbabwe is losing more than 330,000 hectares of forest annually. AFP



## ON STRIKE

Farmers protest with their tractors against the government's environmental policies including plans to phase out glyphosate pesticides in Dortmund, Germany. Farmers from all over the country are on their way to Berlin where they will stage further protest. AFP



## Pop Quiz

## IDENTIFY THESE SPECIES



## ANSWERS

1. Sea lion
2. Asian giant tortoise
3. Cane rat
4. Turkey
5. Philippine eagle