



General waste

- Refuse plastic bags
- No littering
- Don't burn waste
- Use a recycling station
- Reuse packaging
- Get old household items to local charities
- Monitor what you throw away



Refuse plastic bags

This booklet is offered to you by the GetGreen Vietnam project. It contains tips on how to consume sustainably. The booklet is part of a series targeting different daily rituals such as living, working, eating and moving and the consumption stages buying, using and disposing.

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Also in this series



Plastic bag is used within 5 minutes but it takes nearly 100 years to be decomposed. When it's decomposed, the toxins integrate into the soil, lake, river. Plastic bags production accounts for 20,000 tonnes of plastic polymer derived from non-renewable resources. Only a tiny proportion of plastic bags is being recycled. Plastic bags are eaten by animals, so they suffocate, disable and kill thousands of marine mammals and sea birds worldwide each year. When the animal dies and decays, the plastic bag is free again to repeat the deadly cycle.

Environmental benefits

- Protect unrenewable natural resources
- Protect environment, and resources
- Reduce the harmful risk to animals

Personal benefits

- Protect our health, prevent toxins from entering our bodies.
- Save money. Plastic bags are considered to be a 'free' commodity, but the cost is added to the price of goods that they purchase.

What to do

- Refuse plastic bags: carry your groceries or bring a bag.
- Use a bag for life: keep reusable bags with the shopping list to remember them. An ultra compact reusable shopping bag folds down to a very small size, so easier to carry around.
- Collect plastic bags: If you do use plastic bags, get a plastic bag dispenser for your kitchen so that you can reuse them - for example, for lining bins.



Tick if you do this



No littering



The littering only damages the landscape of your living area but also generates toxic contamination in water, soil and air around you. On the other hand, many animals are got stuck in the garbage or killed by eating wastes in stead of food. Approximately 18% of uncontrolled waste enters the rivers, lakes and canals causing water pollution. Overflowing garbage in ocean's washed ashore or caught up in the flow of the ocean circulation, forming the trash vortex.

Environmental benefits

- Prevent water, air and soil pollution and contamination
- Save animal

Personal benefits

- Protect your health.
- Improve landscape of your living area.

What to do

- Put the wastes at the designated places
- Just bring an limited but needed amount of your personal things to avoid littering in public places
- Bring your own trash bags to dispose of waste and throw away only when the the trash bin is found



Don't burn waste



According to estimatimation, burning agricultural waste creates 40% CO₂, 32% CO, 20% of particulate matter and 50% of hydrocarbon aromatic containing carcinogens. The smoke from the burning of cosmetics could kill nearly 2 million people each year. The residue after burning garbage pollute the soil and groundwater and can enter the food (crops, livestock, poultry), water lines and living organisms. Furthermore, the incinerator is particularly dangerous due to the release of harmful gases into the atmosphere closest to humans. The very small particle emissions, can travel deeply into the lungs, causing cancer and other diseases related to the respiratory tract, may even be transmitted from the respiratory tract of mother to child during pregnancy

Environmental benefits

- Reduce air pollution
- Reduce water and soil contamination
- Avoid contamination of crops and livestock

Personal benefits

- Reduce the risk of inhalation of toxic substances causing serious diseases.

What to do

- Don't burn waste: try to recycle anything you can, and
- whatever you cannot use, give it to the scrap collector.
- Don't burn leaves and grass Biomass burning is a problem of long standing. Compost garden trash, bring it to a local farm or have it collected by the scrap collector.

Tick if you do this



Tick if you do this



Use a recycling station



Separating waste makes it easier to be managed in a more sustainable manner, since it is not polluted by other waste. Every ton of paper recycled saves 17 trees; Recycling 1 glass bottle is enough to light a light bulb for 4 hours.

Environmental benefits

- By giving your products to somebody who needs them, it won't be broken down into pieces after which parts are recycled and parts go to the landfill.
- By revising your buying pattern you can buy less reducing the need for those objects to be produced.
- Easier for the scrap collector

Personal benefits

- You will find that a lot of the saved materials you can use in many different ways saving money on buying new things.
- Develop creative ability when reusing things

What to do

- If next to your bin you have a bag for glass, a bag for plastics, a bin for food and a box for paper it is as easy to recycle as it is to throw away
- There are many ways to reuse newspaper, e.g. to stuff things, to cover while painting, as a seed starter, as a sunblock at the window, to clean windows in combination with vinegar, in the fridge to absorb liquids and odours.



Monitor what you throw away



Revise your buying pattern: Link the trash back to what you buy. For example if there is a lot of paper in the waste, you may want to think of ways to reduce your paper usage. Or if there is a lot of packaging you can try to look for supplies with less packaging.

Environmental benefits

- Reduce waste: by knowing what you throw away you can adjust your buying pattern, thus reducing the waste of food, packaging, and others.
- Reduce overproduction: You no longer buy unnecessary, overproduced food which has already been produced with its incorporated environmental impact.

Personal benefits

- Save money: you will no longer buy food that you throw away immediately.
- You save time on shopping and on disposing.

What to do

- According to TNS, a Vietnamese family throws away 30% of the food they buy. Monitoring this will allow you to keep track of what you usually throw out.
- Revise your buying pattern based on your disposing pattern you can adjust your buying pattern so that you no longer buy unnecessary food and packaging.

Tick if you do this



Tick if you do this



Reuse packaging



If packaging is thrown away with waste, it will be buried and hazardous substances will be absorbed in soil and water source. However, if it is recycled, packaging can be used as ingredients for making vase, decorative items or sold to scrap-iron dealer.

Environmental benefits

- Reduce waste.
- Reduce water and soil contamination.

Personal benefits

- Save money.
- Even make money if you can create new things from old ones, or sell the old one for the collector.

What to do

- Make use of reusable packages like canner, bottle, and bag, Eg: the egg holder can be used for growing sprouts, the bottle can be transformed into vase...
- Sell/donate the old package. The collector will collect and recycle plastic, glass, and metal.

Tick if you do this



Get old household items to local charities



Donate/sell old packaging: The Vietnamese scrap collectors collect and recycle almost any type of scrap such as plastic, glass and metal

Environmental benefits

- Reduce landfill waste
- By giving your products to somebody who needs them, it won't be broken down into pieces after which parts are recycled and parts go to the landfill.
- Conserve natural resources
- Reducing the need to produce new products reduces the environmental impacts.

Personal benefits

- Find trades: maybe you also find something at the charity that you can make use of so you can trade.
- Social responsibility: your local charity/community will be thankful to you. You make them happy. Be altruistic, it makes you feel good too.

What to do

- Locate existing local charities: rather than putting stuff outside so that people take it who don't really need it, you can find organizations that look after the poorest.
- Organize a charity event: a true hero plans an event that benefits a worthy cause. You should select a charity, define the type of event and the scope (size, expectations), budget and plan carefully, organize volunteers, and plan a date, time and location. If possible business can be involved, who can help with the publicity.

Tick if you do this





In and around the supermarket

- Make a shopping list
- Buy diverse food
- Buy food that is in season
- Prioritize to buy local food
- Buy food from reliable sources
- Prioritize environmental friendly packaging
- Buy discounted fresh food

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Make a shopping list

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A Vietnamese family spends an average of 40% of their total income on food but throws 30% of their food away because it has expired. Not only has this food been produced and transported for nothing, it also needs to be disposed of making the carbon footprint even bigger. Making a shopping list before shopping helps you control your purchasing.

Environmental benefits

- Reduce food waste and carbon emissions into the environment by purchasing and consumption a sufficient amount of food, not wasted or redundant.

Personal benefits

- Save money: buy only what you need.
- Save time: Don't look at unnecessary products
- Improve health: Don't make last-minute poor decisions
- Make it fun: put a list somewhere where everybody from your household can contribute. Then based on that list you can make a final version.

What to do

- Make a shopping list: determine beforehand what you need. Think about the quantities, where to buy the food and use the nutritional chart
- Check and compare the nutrition facts
- Check what you have in stock. Don't buy anything you already have and buy food that can be combined with things close to expiration.
- Check the expiry date
- Don't shop while hungry. People who are hungry while shopping buy up to 45% more high-calorie foods because of unnecessary impulse buys.

Tick if you do this





Buy diverse food



Buy diverse food: It is important to reduce meat consumption, because livestock require a lot of water and vegetables. The production of 1 kg beef causes about 13.3 kg of CO₂ (equal to 6 liters of petrol). An estimated 5-6 million hectares of cropland is lost annually due to severe soil erosion and degradation as a result of sugar plantations.

Environmental benefits

- Reduce carbon emission to environment due to meat production
- Protect land resource, prevent erosion due to sugar cane plantation

Personal benefits

- Better taste: fast food does not give much nutrition compared to energy intake.
- Healthier: you get all essential vitamins and minerals when you eat varied, reducing the chance you get sick.

What to do

- Buy diverse food: you should eat at least 200 g vegetables per day and no more than 120g meat or fish per day.
- Eat less fast food, sugar and salt. It is best to eat no fast food at all and to minimize eating sugar and salt.

Tick if you do this



Buy food that is in season



Food is cheaper in season than off-season, because off-season it needs to come from further away or be preserved over a longer period of time. Reduce storage energy: If a product is to be transported, it needs extra preservatives and other additives to keep it conserved during transport as well as cooling, adding up to the energy use.

Environmental benefits

- Reduce the energy used for preserving and cooling.
- Reduce gas emissions. The transportation from the farm to your home pollutes the air around your house endangering your family's health.

Personal benefits

- Save money: food is cheaper in season than off-season
- Better taste and better nutrients: When food is shipped in, it affects the taste. Chilling, transport and being held in warehouses cut their flavor. If you harvest something early for the shipping, it's not going to have the full complement of nutrients.

What to do

- Buy food that is in season. Determine what is in season and plan your meal around that.
- Go to a local farmers' market. Local farmers always know what is in season because that is what they have just harvested
- Grow your own vegetables. Grow it and pick it yourself - you'll know exactly what went into growing those vegetables and you can enjoy them at their peak the day they are harvested

Tick if you do this





Prioritize to buy local food



Local foods are foods produced and packaged right in the area you live. So for the consumer, food does not travel far and experiences long-time preservation. This helps local food fresh and keep nutrients. There's no need for brokerage or intermediaries since the food is sold directly to consumers, thereby increase their income from farming, animal husbandry. Local food also contribute positively to food security in the context of energy instability when human are too dependent on fossil fuels for product production, packaging, distribution and preservation.

Environmental benefits

- Reduce gas emissions.
- Support local economies.

Personal benefits

- Healthier: There are more nutrients in fresh food. Food imported from far away is older and has traveled on trucks or planes, and sat in warehouses.
- Better taste: the crops are picked at their peak. Live-stock products are processed nearby and the farmer has direct relationship with processors, overseeing quality - unlike in industrial facilities

What to do

- Buy local food instead of imported food or food from far away if you can trust the local food. The most trustworthy and local food obviously is the food you grow yourself
- If possible, grow your own local food.

Tick if you do this



Buy food from reliable sources



Food in Vietnam goes through many different parts of its supply-chain and chance for contamination is very high. Small stores are often not checked and can therefore have very harmful production and transportation techniques. Bigger stores and labeled brands are required to have more protocols in regards of sustainability

Environmental benefits

- Reduce emission due to improper transportation

Personal benefits

- Use safe and reliable food source

What to do

- Buy certified food
- Buy food from trusted sources: buy your products from big supermarkets or registered stores

Tick if you do this





Prioritize environmental friendly packaging



Packaging currently makes up around 20 per cent of your household waste. Prioritize environmental friendly packaging Bring snacks that have organic packaging, e.g. bananas, eggs, or nem chua. If organic is not an option, go for recyclable packaging. So no plastics, but carton packaging, or more durable packaging such as glass

Environmental benefits

- Minimize persistent waste.

Personal benefits

- Choosing products with less or no packaging may save you money.

What to do

- Buy product with environment-friendly packaging
- Buy non-perishables in bulk: Items like toilet rolls and soap powder often are available in larger sizes which use less packaging. Also light-weight products use less packaging and will therefore be cheaper.

Tick if you do this



Buy discounted fresh food



Near closing hours many supermarkets, bakeries or butchers have discounts on their food which would not be salable the next day. This food is usually around 30% cheaper, depending on the type of food and the shop where you buy it.

Environmental benefits

- Reduce waste: By buying the about to be expired products the supermarkets don't have to throw it away.
- Reduce overproduction. The food at the discount counter has already been produced with its incorporated environmental impact, so buying new food encourages overproduction.

Personal benefits

- Save money

What to do

- Buy food at the discount counter at BigC, Metro, Fivi or Coop.

Tick if you do this



Note

What is sustainable consumption?

Within the scope of Get Green Vietnam sustainable consumption is considered to be the action of buying, using or disposing that follows after a decision-making process of a consumer taking his/her social and environmental responsibility by minimizing impacts on the environment in accordance with personal needs and desires to ensure the same quality of life while performing the daily rituals living, eating and working.

Project goal Get Green Vietnam

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More information

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Live Like a Farmer in the City

- Eat organic food
- Reuse leftovers
- Use rain water
- Use natural cleaning agents

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Eat organic food

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Organic food is grown without chemical fertilizers or pesticides and sold to the consumer without adding preservatives and synthetic food enhancers. Organic fruits and vegetables have 40% more antioxidants. They also have higher levels of helpful minerals like iron and zinc.

Environmental benefits

- Reduce the amount of harmful chemicals which damage soil and water.

Personal benefits

- Safer for food consumers.
- Help your body absorb more nutrients.

What to do

- Visit a local farmers' market or organic food shop to buy your meats and vegetables.
- Grow your own vegetables. If possible, grow it and pick it yourself in your garden.



Tick if you do this



Reuse leftovers



There are about 7 billion people in the world today and about 4.4 billion tons of food are produced each year. Meanwhile, more than 1 billion people are undernourished daily, along with about 1.3 billion tons of food which are thrown away or left over.

Environmental benefits

- Less food waste.
- Less overproduction.

Personal benefits

- Save money for food.

What to do

- Reuse leftovers at home
- Refrigerate or freeze unused food within two hours after cooking. Place leftovers in small, shallow containers with a secure cover. Don't keep leftovers for more than four days.
- Reuse leftovers at work
- Transport it in a container to your home or store it properly at work.
- Take leftovers from restaurants
- Ask for take away to take leftovers with you.



Use rain water



Only about 2% of all water in the world is sweet water and can be used or treated to become drinking water. 63% of the water in Vietnam comes from neighboring countries, this means that we rely heavily on water resources from outside.

Around 25% of water used in households is used for toilet flushing. This water does not need to be clean so can be rain water.

Environmental benefits

- Save water resource
- Reduce water treatment

Personal benefits

- Reduce household water bills.
- Reduce risk of flooding.
- The amount of wastewater entering sewers especially when it is raining is reduced. This can benefit the individual household, but also the broader community.

What to do

- Catch and store rain water
- Collect water in a barrel. Make sure to cover the barrel so it doesn't attract mosquitoes. Collect more water by installing gutters. If you're feeling particularly motivated, you can also install a hose that goes down to wherever you need the water.
- Use it in and around the house. Use it for watering the plants, flushing the toilet, or to clean outside areas

Tick if you do this



Tick if you do this





Use natural cleaning agents



Many chemical cleaning products cause cancer, respiratory, reproductive problems or allergic reactions. Moreover, many of them are landfilled or incinerated, upon which they release their toxins into the environment and contribute to depletion of the ozone layer, pollute groundwater, contaminate the soil, and harm plant and animal life.

Non-toxic cleaners are cheaper. The ingredients used for producing natural cleaning products are much easier to obtain.

Environmental benefits

- Less pollutants, especially for land and water.

Personal benefits

- Reduce the risk of cancer, respiratory illnesses, allergies, ...
- Save money for buying chemical cleaners.

What to do

- Use natural cleaning agents
- Most modern chemical cleaners are an overkill. Use a combination of lemon, salt, vinegar, baking soda and coconut oil. This can be applied on almost every surface in the bathroom and kitchen, or as fabric softener in the laundry room.
- Read the label. Identify toxic ingredients when you buy detergents or cleaning agents.
- Buy EM. You can buy EM at an organic farm, it is one of the most sustainable cleaning agents.

Tick if you do this



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Kitchen and Bathroom of the Future

- Position and set your fridge optimally
- Store food in right condition
- Load your fridge up to 70-80%
- Apply First In First Out
- Plan cooking in detail
- Defrost food and let it cool down
- Use the right kitchen equipment
- Use the lid
- Prioritize using a microwave
- Compost food
- Monitor what you throw away
- Save water in the bathroom
- Use natural cleaning agents
- Use cloth tissues

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Save water in the bathroom

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About 63% of the water for our country comes from neighboring countries. The amount of water used per capita in Vietnam is lower than the national average 4.000m3/year/person of the International Water Resources Association. Meanwhile, about 40% of water consumption in households in Vietnam is used in the bathroom. A conventional shower can take 25L of water per minute.

Environmental benefits

- Save tap water

Personal benefits

- Save water bill.
- Reduce the risk of water scarcity.

What to do

- Take a short shower: Take showers no more than 5 minutes.
- Use a water saving shower head. Also position the shower head just above your own head to reduce loss.
- Turn off the tap when not in use: For example while soaping your body or brushing your teeth.



Tick if you do this



Use natural cleaning agents



Many hazardous cleaning products are landfilled or incinerated, upon which they release their toxins into the environment and contribute to depletion of the ozone layer, pollute groundwater, contaminate the soil, and harm plant and animal life. The natural cleaning agents are cheap and abundant, we can utilize them everyday.

Environmental benefits

- Reduce environmental pollutants, especially water and soil contamination.

Personal benefits

- Reduce the risk of getting cancer, respiratory diseases, allergy.
- Save money for not buying detergents.

What to do

- Use natural cleaning agent. Most modern chemical cleaners are an overkill. Use a combination of lemon, salt, vinegar, baking soda and coconut oil. This can be applied on almost every surface in the bathroom and kitchen, or as fabric softener in the laundry room.
- Read the label: Identify toxic ingredients when you buy detergents or cleaning agents.
- Buy EM: You can buy EM at an organic farm, it is one of the most sustainable cleaning agents.



Use cloth tissues



You can use cloth tissue instead of paper, to clean the kitchen, bathroom and to wash hands, ect. Paper manufacturing uses a lot of timber destroying wildlife habitat. It's the main cause of air and water pollution, including dioxin and other cancer-causing chemicals. Paper transportation also consumes lots of energy and creates emissions. Regarding personal perspective, saving paper means saving money and shopping time for ourselves.

Environmental benefits

- Not destroying the wildlife habitat.
- Reduce water and air pollution.
- Reduce emission of paper transportation.

Personal benefits

- Save money for not buying paper.
- Reduce the cancer risk caused by paper production industry.
- Creating the cloth tissues is a fun and creative activity which you can do with your family to all make your own personalized cloth tissues and refrain from standardization.

What to do

- Buy cloth tissues to clean and to dry your hands. You can also make rags out of old towels and t-shirts. You can make a "tissue box" out of a recycled container. This box sits on the toilet or nearby for use as needed.



Tick if you do this

Tick if you do this



Position and set your fridge optimally



The refrigerator is the biggest energy consumer in the kitchen. So saving here really reduces the amount of energy you use.

Environmental benefits

- Save energy

Personal benefits

- Save money and repairing cost.
- Durable and efficient cooling refrigerator.

What to do

- Position the fridge properly: Locate at a cool location 10cm from the wall to let warm air generated by the fridge to easily flow away.
- Set the temperature not too low. The refrigerator cools well at 7°C and the freezer at -18°C. Colder is unnecessary to keep the food fresh
- Defrost regularly: A layer of ice decreases effectiveness.

Tick if you do this



Store food in right condition



Storing food in the right way keeps it fresh longer.

Environmental benefits

- Reduce waste: Food is often thrown away because it is not eaten in time. Storing food in the right way keeps it fresh longer.
- Reduce overproduction. The food has already been produced with its incorporated environmental impact, so throwing it out and buying new food encourages overproduction.

Personal benefits

- Healthier: Keeping foods chilled at proper temperatures is one of the best ways to prevent or slow the growth of harmful bacteria.
- Better quality: Though food will be safe indefinitely at -18°C, quality will decrease the longer the food is in the freezer. Tenderness, flavor, aroma, juiciness, and color can all be affected.

What to do

- Check storage directions on labels. If you haven't refrigerated something that needed to be, it's best to throw it out.
- Refrigerate or freeze perishables. Don't leave meat, poultry, seafood, eggs, or produce out of the fridge for 2 hours—1 hour if the air temperature is above 32°C.
- Store in cool, dry, dark places. Leakage from pipes can damage food under the sink. Store potatoes and onions in a cool, dry, dark place.

Tick if you do this





Load your fridge up to 70-80%



Apply "First In First Out"



When the refrigerator contains less than 70% capacity, 30% of the free space still works without effectiveness. Conversely, if the fridge's filled by more than 80%, the air circulation in the cabinet won't work, reducing the efficiency of food preservation. The best solution for food storage in the fridge is to occupy the fridge by 70 - 80% its capacity.

Store food according to FIFO: First In First Out (FIFO) is applied in restaurants and schools. New food should be pushed to the back and older items should be pushed to the front to ensure they are used first.

Environmental benefits

- Save energy by using the correct capacity of the refrigerator.

Personal benefits

- Save money.
- Keep refrigerator durable and efficient.
- Preserving food safety and freshness.

What to do

- Fill your fridge for at least 70%.
- Fill your fridge no fuller than 80%.

Environmental benefits

- Reduce waste: Eating about to be expired food doesn't become waste which needs to be transported, landfilled or otherwise disposed of.
- Reduce overproduction. The food has already been produced with its incorporated environmental impact, so letting it expire and throwing it out and buying new food encourages overproduction.

Personal benefits

- Save money: You save money on food by using what you already have.

What to do

- Remember to apply FIFO.
- Note upcoming expiration dates on foods you already have at home, and plan meals around the products that are closest to their expiration.

Tick if you do this



Tick if you do this



Plan cooking in detail



Prepare a detail cooking plan includes cooking methods that suit each type of food such as cooking time, cooking order, the interval between two cooking times, utilizing heat, processing/preparing materials ... If you have a detailed cooking plan, you will know the exact amount of energy you need, the utensils for each food or which food should be cooked first and how to combine to get fresh taste and retain maximum nutritional value.

Environmental benefits

Personal benefits

What to do

- If you properly prepare the cooking, you will only use the exact amount of energy you need. Water will not be boiling too long, and gas won't be burning too long.
- Save water: By defining beforehand how much water you need, you don't waste anything.
- Healthier: By properly preparing the food you can make sure all nutrients remain in the food while cooking, and no toxins are added during cooking.
- You save on your energy and water bill, and the lifespan of your products will increase.
- Read instructions before cooking. Make sure to prepare properly to ensure the best quality of food and avoid toxins from cooking.
- Apply right cooking methods. Consider timing, order, intervals, and turning off the energy before finishing to utilize remaining heat.
- Use kitchen helpers. Use a scale to measure quantities of food. And use an egg timer so you remember to turn off the gas.

Tick if you do this



Defrost food and let it cool down



Before cooking frozen food, it's necessary to get them out of the freezer and defrost; before putting the newly cooked food in the refrigerator, need to cool it down first. Cooking the frozen food needs more time and cooling newly-cooked food needs more energy.

Environmental benefits

Personal benefits

What to do

- Save energy: cooking frozen food or cooling hot food requires a lot of unnecessary energy.
- Save money: you save money on your energy bill.
- More homogeneous: Food will be more equally frozen, not outside first and then slowly inside too, or the other way around with heating up.
- Defrost before cooking. Thawing can be done in 3 ways: 1) In the fridge (1 day); 2) Put in cold water (1 hour); 3) In the microwave (fast). You can leave food in the fridge or refreeze it if you decide not to eat it. If you've applied the 2nd or 3rd way, you must cook it before you can refreeze it. Don't leave food on the cupboard or in hot water, it increases bacteria-breeding.
- Let cool down before fridging: If your meal is still hot, let it cool down in an airtight box before putting it in the fridge.

Tick if you do this





Use the right kitchen equipment



The right kitchen equipment can be refrigerator or stove with energy saving mode or inverter, easy to clean; durable, non-reactive with food to create toxic substances. Be careful that the old stove or the old electronic equipment can produce bad gas while cooking and affect your health.

Environmental benefits

- Save energy: A modern fridge, or a modern cooktop is more energy efficient, so you save energy.
- Save gas: With modern cookware you don't need as much gas as with old cookware, because it heats faster.

Personal benefits

- Save money: by saving energy and gas you automatically save money.
- Save time: with modern cookware and cooktop you can cook your food quicker.
- Healthier: Old stoves or electronic equipment can emit bad gases while cooking which affect your health.

What to do

- Buy a modern inverter fridge
- Buy modern cookware. Consider the heat conductivity (higher is better, e.g. copper), durability (e.g. stainless steel), reactivity (no aluminum), maintenance (easier with stainless steel).
- Buy a modern cooktop: Induction and infrared cooktops are easier to clean and more energy-efficient.



Use the lid



Using lid could maintain the heat during the cooking period and reduce the energy consumption at 20%.

Environmental benefits

- Save energy while cooking.

Personal benefits

- Save money on your energy bill.
- Save cooking time.

What to do

- Put lids on your saucepans to stop the heat escaping and reduce cooking time.

Tick if you do this



Tick if you do this



Prioritize using a microwave



Microwave ovens use waves to heat water molecules inside food. These waves reduce the cooking times and energy consumption, especially in small amounts, such as smaller portions or for defrosting things. Fast and efficient microwave ovens use around 60% less energy than conventional ovens. They also have the added benefit of not heating up your kitchen, so they save money on air conditioning in the hot times of the year.

Environmental benefits

- Save energy.

Personal benefits

- Save money.
- Save time and effort.

What to do

- Prioritize using a microwave: Instead of using a stove or an oven, think about using your microwave. It often is more efficient. Better in the microwave are for example fish, sweet potatoe, beets, corn, rice, vegetables, peppers, and many others.

Tick if you do this



Compost food



Your composted scraps become a nutrient- rich, organic fertilizer that can be used for your plants. This fertilizer is also an economic benefit since you no longer have to purchase fertilizer at the garden shop; gardens fed with compost also require less water and less fertilizers to produce the same amount of growth as a garden without composted matter in the soil.

Environmental benefits

- Reduce food waste.
- Reduce soil, water and crop/ plant contamination.

Personal benefits

- Save money for not buying fertilizer.
- Your garden's well grown.
- Have clean water and safe fruits and vegetables.

What to do

- Build a place in your garden where you can put plants, fruit, vegetables, coffee grounds, tea leaves/bags, crushed egg shells, chicken and cow manure, straw, damp leaves, grass clippings, sawdust, wood shavings, shredded paper/cardboard, vacuum cleaning dust and seaweed.
- Under the sink: If you are really enthusiastic you can build a compost bin for under your sink. For instructions, please look at the sources.

Tick if you do this





Energy Efficiency

- Limit using high peak electricity
- Unplug devices
- Use A/C and fans in first 10 minutes
- Put A/C at appropriate temperature
- Use natural light and ventilation
- Bring green plants in your house
- Optimize the amount of light bulbs
- Install energy saving bulbs
- Fill holes and cracks, especially at windows and doors
- Maintain big electronic devices
- Rent or borrow products
- Buy second hand items
- Buy the equipment has been certified to save energy
- Buy solar powered equipment

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Also in this series



Limit using high peak electricity



It is easy to see that devices often do not perform well during peak hours because at that time the amperage is weaker than the norm (you might call low power, light bulbs are often darker than normal). We need more electricity to perform the same task in the time frame:

9:30-11:30 | 14:30-16:30 | 17:30-19:30.

Environmental benefits

- Less power generation systems. By using less electricity when it puts the heaviest load on our distribution system, you will help reduce the need for power systems to build and operate new power generation stations, which saves everybody money and helps preserve the environment.

Personal benefits

- Reduce electricity costs.
- Extend the lifespan of the equipment.
- Avoid the risk of damage due to fire caused by short circuit or overload.

What to do

- Plan to use electricity equipment during peak hours. Only use when it is absolutely necessary.
- Set automatic mode for the device not to operate during peak hours.
- When you see lower electricity, turn off all electrical equipment and do something else.



Tick if you do this



Unplug devices



Typically, in the standby mode (plugged in but not working) electrical appliances consume about 5W per hour, equivalent to $(5/1000) * 1500 = 7.5$ VND per hour. Multiply this number by the number of hours in 1 year and the number of electrical appliances in your house. You will see a remarkable number!

Environmental benefits

- Reducing the use of electricity means reducing investment costs for electricity production, the consumption of natural resources and harmful emissions and protect the environment.

Personal benefits

- Avoid wasting up to 7.5 VND per hour in all of your life.
- Reduce the risk of fire accidents due to short circuit, overload or leakage of electricity

What to do

- If possible, design the power system which can be switched off automatically when not in use or easily disconnected by hand.
- Buy the electrical device with circuit breaker which will operate when you do not use the device.



Use A/C and fans in first 10 minutes



When you turn on the A/C you can leave on the fans for 10 minutes to help with the circulation, but after that you should turn fans off to avoid blowing away the cold air

Environmental benefits

- By this way, the air conditioner will operate more efficiently. As a result, saving energy and reducing emissions to the environment.

Personal benefits

- You will feel cool faster.
- Extend the lifespan and performance of air conditioner, thereby, saving money

What to do

- Turn fan on gently with the air conditioner in the first 10 minutes. Then turn off the fan and enjoy.
- Only use the air conditioner when really necessary, if not, use fans and natural wind

Tick if you do this



Tick if you do this



Put A/C at appropriate temperature



Home air conditioner can consume up to 60% and building conditioner can consume to 50% of electrical bill. For every degree setting below 26°C, you spend up to 8% more in cooling costs.



Use natural light and ventilation



No air conditioner is better than natural wind, no electric light is better than the sunlight. More importantly, natural light and ventilation are free to use.

Environmental benefits

- Saving energy, reducing CO2 emission. CO2 emissions can be calculated by multiplying carbon intensity (kept constant at 0.88 kg CO2/kWh) by electricity consumption. Reduce the use of resource for electricity production

Personal benefits

- Electricity consumption for air-conditioning accounts for 60% of the electricity bills you have to pay. So if the reduction is 8%, how much will you save?

What to do

- The optimum temperature for working is 25 to 26°C in summer. The optimum temperature for sleeping is 27 to 28°C .
- Turn off the air conditioner before leaving 30 minutes in advance

Environmental benefits

- Reduce the effect of microclimate and facilitate air circulation.
- Avoid moldy or toxic gases in your home environment.

Personal benefits

- Save cost of lighting and ventilation.
- Increase health and the body's resistance. Limit the skin and respiratory diseases.
- Overcome the thermal shock.
- Enjoy environmentally friendly lifestyle

What to do

- If possible, design open living space to catch natural sunlight and ventilation. Avoid intense sun light and poisonous wind.
- Regularly open ventilation to refresh the air.
- Prioritize using lighting solutions with natural light scattering.

Tick if you do this



Tick if you do this



Bring green plants in your house



Fill your space with greenery. When you decorate the interior space with green plants, you're not just planting trees. These plants will interact with your body and spirit and your family in various ways to improve the living quality.

Environmental benefits

- Natural air purifier. Houseplants can purify and revitalize air in our homes and offices, protecting us from the negative effects of such common toxins as ammonia, formaldehyde, and benzene.
- Reduce energy use and protect environment.

Personal benefits

- Create natural decoration for your living space.
- Give positive feelings, reduce fatigue and stress.
- Some plants can prevent insects, mosquitoes and toxic gas.

What to do

- Start with shade loving plants which are easy to grow.
- To purify air, use around 1 larger plant in 20 cm diameter pot every 10 m2 or 2-4 plants in 10 cm pot.

Tick if you do this



Optimize the amount of light bulbs



Lighting represents as much as 25% of your home's electrical use. However, most of the household lighting systems today are not really effective and optimized. So let's find a way to satisfy lighting needs as well as to save energy.

Environmental benefits

- Reduce the usage of electricity means you have indirectly reduced a significant amount of emissions and waste to the environment.

Personal benefits

- Reduce electricity costs.
- Ensure the amount of light to reduce the risk of eye disease.

What to do

- Seriously follow the rule "Turn off when not in use".
- Use compact light bulbs in areas where the average frequency of lighting is more than 1 hour per day.
- Use LED bulbs for the need of lighting regularly.
- If possible, design the lighting system combining smart control.

Tick if you do this





Install energy saving bulbs



With the same requirements for light intensity, fluorescent lamps use electric power which is only equal to 1/4 of incandescent bulbs but 2 times of the LED bulbs. Normally, price of the bulbs is inversely related to power consumption and proportional to its longevity. Consider the most suitable bulbs with you needs.

Environmental benefits

- Reduce the use of natural energy for the production of electricity.
- Reduce the negative impacts caused by chemicals, heavy metals used in production.

Personal benefits

- Spend more for initial investment cost but significantly reduce running cost.
- The new LED bulbs are designed to suit any needs.

What to do

- Replace incandescent bulbs with fluorescent bulbs or replacing fluorescent bulbs with LED bulbs, depending on the condition and your needs.



Fill holes and cracks, especially at windows and doors



There are a lot of questions like “Why is it not cool in my house as yours even we use the same kind of air conditioner?” or “Why is it not warm in my house as yours even we use the same kind of heating?”. It’s time to check the insulation of your home room. Pay attention to the ventilation holes, slits of windows and doors.

Environmental benefits

- Save energy. The structure increases thermal insulation. It can save power for the operation of AC and the lighting system.

Personal benefits

- Save energy cost
- Increase the durability of the equipment because of stable operation.
- Avoid the entry of toxic gases, dust, or mice, bugs, ...

What to do

- Use well insulated, airtight and soundproof doors.
- Regularly inspect and repair the doors, vents, and slits if any.

Tick if you do this



Tick if you do this



Maintain big electronic devices



Tap on the TV screen, unplug then reconnect, turn it off then turn it back on ... we often do so when we have problems with the household devices. But it means that you have not maintained your devices or you do it in the wrong way. Ask a technician to give you a " maintenance schedule" for each of your devices.

Environmental benefits

- Save energy. Keeping devices at good condition will help increase the energy efficiency of the device.
- Save natural resources.
- Maintaining the devices will increase the lifespan so reduce the production need of new devices.

Personal benefits

- Maintenance cost will be less than the cost of repairing or replacing equipment. So you can save money.
- Feel comfortable when the devices work as you want.

What to do

- Maintain devices in good condition by regularly cleaning and operating properly.
- Regularly maintain devices in accordance with manufacturer's instructions.
- Save contacts of some local service providers who offer services of maintenance and repair of household equipment.

Tick if you do this



Rent or borrow products



Sometimes you buy a product but rarely use it. Therefore, consider renting or borrowing some products from you friends if you are not sure that you will regularly use them.

Environmental benefits

- Optimize resources used to make the products.
- Reduce pollution caused by production and disposing.

Personal benefits

- Save initial investment cost.
- Create and maintain close relationship with your friends, neighbors and colleagues.

What to do

- If you are not sure whether you are really going to use a product often, you'd better first rent or borrow it to see if you like it.
- Before you decide to purchase an item, ask your friends, neighbors and colleagues first. Maybe you can borrow needed items from them.

Tick if you do this





Buy second hand items



If you do not have any special requirement for functionality or aesthetic of the products, you should think about buying secondhand items at secondhand stores or from your friends and acquaintances. In many cases, the old equipment is preferred because it has better durability or it fits your lifestyle better.

Environmental benefits

- Reduce hazardous waste related to electronics and chemicals.
- Optimize resources used to manufacture the items.

Personal benefits

- Save money.
- Have a lifestyle with unique taste.
- Easier to use for the majority.

What to do

- Consider buying used items as an option when shopping.
- Learn about the items and your needs before you decide to buy.



Buy the equipment has been certified to save energy



When you buy a new appliances to replace old ones, prioritize energy efficient appliances. Even though energy efficient appliances may be more expensive, they will be worth their money through energy savings.

Environmental benefits

- Reduce consumption of natural resources to produce electricity and energy.
- Reduce greenhouse gas emissions and the negative impacts on the environment in the process of converting energy from one form to another.

Personal benefits

- Reduce energy costs for you and your family.
- Spend less money while still using all features of the appliances.

What to do

- Prioritize usage of energy efficient appliances certified by competent authorities (label 5 stars EE).
- Bear in mind that you can save even more by turning a device off altogether when you are not using it.

Tick if you do this



Tick if you do this



Buy solar powered equipment



Vietnam is considered a nation with high solar potential. Solar energy intensity on the average is 5 kWh/m². Solar energy in Vietnam is available all year round, is rather stable and distributed widely over different eco-geographical areas. Solar energy, especially in the southern and central regions can be used on average 300 days per year. It can be exploited to meet the two main demands: thermal and electrical power.

Environmental benefits

- No noise
- Emit no carbon dioxide
- No greenhouse gasses

Personal benefits

- Save energy cost every month.
- Safer and not affected by overloading during peak hours.

What to do

- Buy solar powered equipment.
- You can buy solar hot water, air conditioning, chargers, cookers, dryers, fans, keyboards, lamps and calculator.
- Install solar panels to converted into electricity used for other devices.

Tick if you do this



What is sustainable consumption?

Within the scope of Get Green Vietnam sustainable consumption is considered to be the action of buying, using or disposing that follows after a decision-making process of a consumer taking his/her social and environmental responsibility by minimizing impacts on the environment in accordance with personal needs and desires to ensure the same quality of life while performing the daily rituals living, eating and working.

Project goal Get Green Vietnam

Under pressure of shortage raw materials in the world, creating sustainable products is a new trend for global and Vietnamese manufacturers in order to protect our earth and maintain the sources in the world. In order to support sustainable production, the pushing in the demand should be activated at the same time. The GetGreen Vietnam project wants to increase the level of sustainable consumption in Vietnam.

More information

For more information, visit www.getgreen.vn

Disclaimer

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On the Road Again

- Turn off your engine while idling
- Maintain your motorbike
- Buy a durable helmet
- Drive sustainably
- Avoid traffic jams
- Share your motorbike
- Buy a sustainable motorbike
- Use public transportation
- Use a bicycle
- Use a car
- Sell old/disposal means of transportation

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Turn off your engine while idling

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Also in this series

<p>General Waste</p> <ul style="list-style-type: none"> ♻️ Refuse plastic bags ♻️ Don't litter ♻️ Don't burn waste ♻️ Use a recycling mascot ♻️ Secure packaging ♻️ Get old household items to local charities ♻️ Monitor what you throw away 	<p>At the Supermarket</p> <ul style="list-style-type: none"> ♻️ Make a shopping list ♻️ Buy organic food ♻️ Buy food that is in season ♻️ Prioritize to buy local food ♻️ Buy food from reliable sources ♻️ Practice environmental-friendly packaging ♻️ Buy discounted fresh food 	<p>Live like a Tarman in the city</p> <ul style="list-style-type: none"> ♻️ Use organic tools ♻️ Reuse leftovers ♻️ Use rain water ♻️ Use natural cleaning agents
<p>Kitchen and Bathroom of the Future</p> <ul style="list-style-type: none"> ♻️ Position and set your fridge correctly ♻️ Store food in right condition ♻️ Load your fridge up to 70-80% ♻️ Apply fresh in first out ♻️ Run cooking in burst ♻️ Defrost food and let it cool down ♻️ Use the right kitchen equipment ♻️ Use the lid ♻️ Prioritize using a microwave ♻️ Compost food ♻️ Monitor what you throw away ♻️ Save water in the bathroom ♻️ Use natural cleaning agents ♻️ Use cloth tissues 	<p>Energy Efficiency</p> <ul style="list-style-type: none"> ♻️ Limit using high peak electricity ♻️ Unplug devices ♻️ Combine A/C with fan ♻️ Put A/C at appropriate temperature ♻️ Use natural light and ventilation ♻️ Bring green plants in your house ♻️ Optimize the amount of light bulbs ♻️ Install energy-saving light bulbs ♻️ CE doors and cracks, especially at windows and doors ♻️ Maintain big electronic devices ♻️ Rent or buy low products ♻️ Buy second hand items ♻️ Buy 4.5 star rated CE devices ♻️ Buy solar powered equipment 	<p>On the Road Again</p> <ul style="list-style-type: none"> ♻️ Turn off your engine while idling ♻️ Maintain your motorbike ♻️ Buy a durable helmet ♻️ Drive safely ♻️ Avoid traffic jams ♻️ Share your motorbike ♻️ Buy a sustainable motorbike ♻️ Use public transportation ♻️ Use a bicycle ♻️ Use a car ♻️ Get carpooling means of transportation
<p>3R at the Office</p> <ul style="list-style-type: none"> ♻️ Use stairs instead of the elevator ♻️ Use your own mug for coffee/tea ♻️ Give priority in buying local stationary ♻️ Buy minimally in large quantities ♻️ Buy lightweight recycled paper ♻️ Buy wireless or rechargeable office stationary ♻️ Reduce paper waste ♻️ Show paper figure ♻️ Stick signs to remind people to save electricity ♻️ Use public recycling bins ♻️ Offer and share recyclable office supplies ♻️ Reuse office stationary ♻️ Monitor what you throw away 	<p>Towards a Green Office</p> <ul style="list-style-type: none"> ♻️ Reuse leftovers ♻️ Use natural light and ventilation ♻️ Perform two modes of light ♻️ Use A/C and fans ♻️ Use energy saving modes ♻️ Maintain big electronic devices ♻️ Buy furniture made from environmental-friendly materials ♻️ Buy certified furniture ♻️ Lease electronics ♻️ Buy certified electronics ♻️ Hold internal competitions for zero-waste 	



Even when you are standing still your motorbike will emit gas as long as your engine is running. 2 minutes standing still may use up the same amount as 1,0 km. Restarting actually has little impact on your battery and starter motor so you don't have to worry about that.

Environmental benefits

Reduce gas emissions.

Personal benefits

- Save money. You save money on fuel by not using gas while standing still.
- Healthier. You are closest to your own motorbike so also to those emissions. Reducing those emissions makes your environment healthier.

What to do

- Turn off your engine at traffic lights. When you have to wait for more than 15-20 seconds, turn off your engine.
- Turn off your engine when waiting. Whenever you are waiting for someone or stuck in traffic turn off your engine.



Tick if you do this



Maintain your motorbike



An ill-maintained motorbike releases more gas emissions since the bike may no longer run efficiently. Have all main components checked up on at least twice a year to ensure everything is working properly. Replace parts in time before other parts also get damaged and ensure energy efficiency.

Environmental benefits

- Reduce air pollution.
- Save natural resources used to produce motorbike parts.

Personal benefits

- Drive safer.
- Save money for repairing and replacing.

What to do

- Check-up every 3-6 months. Maintain tire pressure.
- Replace parts when they get problems.
- With most motorcycles, a general guideline to start with is: -2 atmosphere for the front; - 2.5 atmosphere for the rear.
- Change oil regularly. Have the oil changed after 1500 -2000 km.

Tick if you do this



Buy a durable helmet



A durable helmet may seem more expensive but because you won't have to replace your helmet, you win all the investments back. The outer shell and liner operate by spreading the energy of an impact to reduce the amount of energy transmitted to the wearer's brain. Note that the production of helmet also needs lots of natural resources.

Environmental benefits

- Save natural resources used to produce low quality helmet.

Personal benefits

- Save money. The more durable the helmet, the fewer you need to buy.
- Safer. A more durable helmet protects you or your kids better.
- More comfortable. When you invest in durability you might as well consider a helmet that fits you well.

What to do

- When buying a new helmet, consider all four elements: hard outer shell, impact-absorbing liner, retaining system and comfort padding. *Check the shape of the helmet before buying and assure yourself it covers all important parts.

Tick if you do this





Drive sustainably



While speeding up you use more fuel than while driving at the same speed. The faster you drive, the more gas you use per kilometer.

Environmental benefits

- Reduce gas emissions.

Personal benefits

- Save money. Driving sustainably is more efficient and thus you save money on fuel.
- Safer for drivers and other people.

What to do

- Keep speed consistent.
- Don't speed on the freeway.
- Accelerate and brake smoothly.

Tick if you do this



Avoid traffic jams



During peak hours, vehicles on the road increase the density of emissions. Avoiding rush-hour traffic, you help to reduce the density of emissions in our environment and avoid exposure to a concentrated flow of emissions. It also allows you to keep moving. Despite the longer distance it may get you to the destination faster and more comfortable since you don't have to stop and go.

Environmental benefits

- Reduce the density of emissions.

Personal benefits

- Save money for fuel by not having to constantly accelerate or cool booting.
- Save time for moving.
- Reduce the risk of exposure to toxic gases causing serious diseases of the respiratory system.

What to do

- Don't go out during rush hour
- Make a personal traffic map
- Use the VOV traffic channel. Traffic updates are available on 91Mhz. Listen to traffic reports while driving.

Tick if you do this





Share your motorbike



Whether you sit with one or two people on one bike does not make much of a difference in gas usage. So that with the same route, you should share your motorbike with someone else.

Environmental benefits

- Reduce gas emissions.
- Save natural resources.

Personal benefits

- Save money.
- It's more fun to be on a bike together.
- Do not lose track of each other while moving.

What to do

- If possible, share your motorbike with coworkers when going to work.
- Share your motorbike with your family members.
- Should incorporate the movement of family members.

Tick if you do this



Buy a sustainable motorbike



Under the pressure of systems of quality standards and pollution control, motorbikes have become safer, more fuel efficient and make less negative impact on the environment thanks to the development of science and technology.

Environmental benefits

- Reduce air pollution.
- Save natural resources.
- Use environmentally friendly materials.

Personal benefits

- Protect the health and safely use.
- Save cost for operation and maintenance.
- Easy to use.

What to do

- Buy a sustainable bike with replaceable parts.
- Buy a sustainable bike with new technology.
- Buy a sustainable bike from sustainable brands.

Tick if you do this





Use public transportation



Transport systems have significant impacts on the environment, accounting for around 20% - 25% of world energy consumption and CO2 emissions. Greenhouse gas emissions from transport are increasing at a faster rate than any other energy using sector.

Environmental benefits

- Less emission.
- Less dust.
- Reduce consumption of non-renewable energy sources.
- Reduce consumption of natural resources.

Personal benefits

- Save money for traveling.
- Safer.
- Protect your Health.
- More free time on the move.

What to do

- Use the bus. When in the city or when going on weekend trips look at available buses.
- Use the train. When going far away look at trains instead of flying.

Tick if you do this



Use a bicycle



Buy a high quality bicycle that you can use for short distances, when you are not too hurry or if you are forced to move across traffic jams.

If possible, use electric bicycle when you often move in a small area such as urban or industrial zone.

Environmental benefits

- Reduce air pollution.
- Reduce vehicles on the road and traffic jams.
- Reduce usage of fossil fuels.

Personal benefits

- Save money of traveling.
- Reduce risk of traffic accidents.
- Avoid traffic jams.
- Reduce tense while traveling.

What to do

- Buy a high quality bicycle.
- Buy a high quality electric bicycle.
- Regularly use bicycle for suitable route.

Tick if you do this





Use a car



When you need to move with a group in quite long distance, you should share a car or a taxi. If possible, use the bus services.

Environmental benefits

- Reduce air pollution because car has better pollution control standards than motor-bike.
- Reduce usage of fossil fuels.

Personal benefits

- More comfortable when moving.
- Safer for health.
- Save travel costs

What to do

- Buy a car for family use.
- Hire a taxi when traveling for long distance.
- If possible, share cars with colleagues.

Tick if you do this



Sell old/disposal means of transportation



"Waste is the resource not in right place.", so do not throw away your old car. Try to sell it to people who need at a reasonable price. You can save some money to buy a new car. Your old items may be valuable ones for other people.

Environmental benefits

- Reduce waste.
- Optimize resources used to manufacture vehicle.

Personal benefits

- Get back some of initial investment.
- Become a talented investor and environmental protector.

What to do

- Reuse old parts for other purpose.
- Sell old parts at the mechanic.
- Sell or give old means of transport to people in need.

Tick if you do this





3R at the Office

- Use stairs instead of the elevator
- Use your own cup for coffee/tea
- Give priority in buying local stationary
- Buy stationary in large quantities
- Buy lightweight recycled paper
- Buy refillable or recyclable office stationary
- Reduce paper waste
- Save paper tissue
- Stick signs to remind people to save electricity
- Use public recycling bins
- Collect and share recyclable office supplies
- Reuse office stationary
- Monitor what you throw away

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Use stairs instead of the elevator

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<p>General Waste</p> <ul style="list-style-type: none"> ♻️ Refuse plastic bags ♻️ Don't litter ♻️ Don't burn waste ♻️ Use a recycling mascot ♻️ Reuse packaging ♻️ Get old household items to local charities ♻️ Monitor what you throw away 	<p>Go to the Store</p> <ul style="list-style-type: none"> ♻️ Make a shopping list ♻️ Buy organic food ♻️ Buy food that is in season ♻️ Prioritize to buy local food ♻️ Buy food from reliable sources ♻️ Prioritize environmental-friendly packaging ♻️ Buy discounted fresh food 	<p>Live like a Farmer in the city</p> <ul style="list-style-type: none"> ♻️ Eat organic food ♻️ Reuse leftovers ♻️ Don't run water ♻️ Use natural cleaning agents
<p>Kitchen and Bathroom of the Future</p> <ul style="list-style-type: none"> ♻️ Position and set your fridge correctly ♻️ Store food in right condition ♻️ Load your fridge up to 70-80% ♻️ Apply fresh in first out ♻️ Plan cooking in detail ♻️ Defrost food and let it cool down ♻️ Use the right kitchen equipment ♻️ Use the lid ♻️ Prioritize using a microwave ♻️ Compost food ♻️ Monitor what you throw away ♻️ Save water in the bathroom ♻️ Use natural cleaning agents ♻️ Use cloth tissues 	<p>Energy Efficiency</p> <ul style="list-style-type: none"> ♻️ Limit using high peak electricity ♻️ Unplug devices ♻️ Combine A/C with fan ♻️ Put A/C at appropriate temperature ♻️ Use natural light and ventilation ♻️ Bring green plants in your house ♻️ Optimize the amount of light bulbs ♻️ Install energy-saving light bulbs ♻️ Get holes and cracks, especially at windows and doors ♻️ Maintain big electronic devices ♻️ Rent or buy low profile ♻️ Buy second hand items ♻️ Buy 4.5 star rated CE devices ♻️ Buy solar powered equipment 	<p>On the Road Again</p> <ul style="list-style-type: none"> ♻️ Turn off your engine while idling ♻️ Maintain your motorcycle ♻️ Buy a durable helmet ♻️ Drive judiciously ♻️ Avoid traffic jams ♻️ Share your motorcycle ♻️ Buy a sustainable motorbike ♻️ Use public transportation ♻️ Use a bicycle ♻️ Use a car ♻️ Get ecological means of transportation
<p>3R at the Office</p> <ul style="list-style-type: none"> ♻️ Use stairs instead of the elevator ♻️ Use your own cup for coffee/tea ♻️ Give priority in buying local stationary ♻️ Buy machinery in large quantities ♻️ Buy lightweight recycled paper ♻️ Buy notebook or recyclable office stationery ♻️ Reduce paper waste ♻️ Share paper files ♻️ Stick signs to remind people to save electricity ♻️ Use public recycling bins ♻️ Offer and share recyclable office supplies ♻️ Reuse office stationery ♻️ Monitor what you throw away 	<p>Towards a Green Office</p> <ul style="list-style-type: none"> ♻️ Reuse leftovers ♻️ Use natural light and ventilation ♻️ Refill ink trays instead of buying new ♻️ Use A/C and fans ♻️ Use energy saving modes ♻️ Maintain big electronic devices ♻️ Buy furniture made from environmental-friendly materials ♻️ Buy certified furniture ♻️ Lease electronics ♻️ Buy certified electronics ♻️ Avoid internal competitions for zero-waste 	



In office buildings or schools, lifts are used to support the move. However, in many cases, the waiting time for the lift takes longer than using the stairs.

Environmental benefits

- Saving energy for the elevator operation and other equipment going with it.

Personal benefits

- Doing exercises.
- Safer. Lifts is safe but still inferior to the stairs.
- Save time for moving, particularly during peak hours is sunk.

What to do

- Consider to use stairs instead of the elevator if possible, especially when you go alone.



Tick if you do this



Use your own cup for coffee/tea



Annually 500 billion disposable cups are manufactured around the world; about 75 disposable cups for every single person. Half of them is for single use. Each disposable cup contains 5% of the raw materials involved in the production process. All cups placed end to end could circumnavigate the earth 1,360 times.

Environmental benefits

- Reduce the number of cups need washing or disposable cups that will be the huge waste in environment.

Personal benefits

- More efficient. People will look out for their own cup, reducing the amount of cups lingering around in the office.
- Personal. There is a chance for creativity to make your cup really your own through drawings. Also it will belong to your desk since it is really yours.

What to do

- Launch a movement to use individual cup, or create for yourself an impressive cup.
- Use your own cup. Always use the same cup which you just rinse once a day.

Tick if you do this



Give priority in buying local stationery



One day, you put print command but printer toner is over. Or when you need to write down an important message but the pen is over ink, ... Then you usually have to wait long to get the things you want? What is the reason? Advice is to buy from suppliers in nearest you.

Environmental benefits

- Reduce gas emissions, less transportation, congestion, sprawl, and pollution.

Personal benefits

- Save money. No need to pay for far transportation.
- Save time. No need to travel far.
- Have connect with local suppliers.
- Support for local supplier when needed.
- Local stationery is easier to use because there is no culture differences.

What to do

- Contact and have a discussion with the local suppliers on appreciate services
- Look in your neighbourhood for suppliers before contacting big international organizations

Tick if you do this





Buy stationery in large quantities



Stationery is essential in our offices, it helps work being carried out as planned. When stationery is always at your hand, everything would go smoothly. When you have to look for needed items or the needed one is not available, your work will be delayed.

Environmental benefits

- When you buy something in bulk, you need less packaging. Also reduction in transportation.

Personal benefits

- Buying in bulk is usually cheaper. Also you can arrange special deals because you buy a lot from the supplier.
- Needed stationery is always at your hand on your demand.

What to do

- Make a plan of using stationery and order stationery in large quantities.
- More importantly, you should use your stationery smartly.



Buy lightweight recycled paper



Lightweight recycled paper is made of at least 30% recycled paper. It weighs 70gr/m²

Environmental benefits

- Pulp mills contribute to air, water and land pollution. Discarded paper accounts for about 35% by weight of municipal solid waste. Even recycling pollutes due to the sludge produced during deinking
- Worldwide, the pulp and paper industry is the 5th largest consumer of energy, accounting for 4% of all the world's energy use. The pulp and paper industry uses more water to produce a ton of product than any other industry.



Personal benefits

- Save money. Recycled paper is lighter and cheaper.
- Good personal image as a change agent for more sustainable life.

What to do

- Give priority in buying recycled paper that weighs 70gr/m²
- Use lightweight non-bleached paper for normal prints such as text, draft, ...

Tick if you do this



Tick if you do this



Buy refillable or recyclable office stationery



Most of office stationery are recyclable. However, it also requires energy and raw material consumption. Consider when using and don't waste even a pencil or a piece of memo paper

Environmental benefits

- A ton of paper made from 100% percent recycled paper, as compared to virgin paper, saves the equivalent of 4,100 kilowatt-hours of energy, 7,000 gallons of water, 60 pounds of air emissions, and 3 cubic yards of landfill space.

Personal benefits

- Save money.
- Better quality.
- Avoid exposure to toxic agents from the stationery with poor quality.

What to do

- Use recycled paper without bleach
- Invest in a better refillable pen, such as fountain pens
- Use pencil for common writing
- Always print on 2 sides of the paper.
- Do not print if it's not necessary.

Tick if you do this



Reduce paper waste



One of the main reasons leading to the waste of paper that we do not check the printouts carefully before printing. Please answer the following two questions before you print:

- 1 Do you really need to print?
- 2 Is your document the final one to print?

Environmental benefits

- Reduce the amount of discarded paper means reduce solid waste by 35%. This also means reducing emissions of toxic chemicals and gases from the disposal and recycling paper.
- Protect forests.

Personal benefits

- Saving money.
- Neater for your living space.

What to do

- Think before you print. If it is not essential to print, use electronic communication. If you do print preview before you do.
- Printer two-sided. Set the printer standard on two-sided or reuse one-sided paper.
- Create an old paper box. Create a box or place for used padded envelopes and encourage reuse. Create 'Green Books'. Collect paper that has been used on one side only and bind into booklet to be reused.

Tick if you do this





Save paper tissue



Which is more environmentally friendly? Towel or tissue?

Environmental benefits

- Save wood and protect forest.
- Reduce air and water pollution from the production.
- Reduce the release of gases causing global warming.
- Reduce transportation of shipping paper and pulp.

Personal benefits

- Save money. Cloth tissues can be washed, but paper tissues need to be bought again and again using up a constant stream of money.
- Reduce shopping if you use cloth tissues instead of paper tissues

What to do

- Save paper tissue in the office by replacing them with cloth tissues to clean.

Tick if you do this



Stick signs to remind people to save electricity



Not always we remember that we need to save energy, especially when it has not become a habit. So that, we need to have some nice pieces of paper to remind us of electricity saving

Environmental benefits

- Save energy. Turn off the computer when not in use instead of standby mode since it consumes 3 - 20W / h depending on capacity of each computer.

Personal benefits

- Save money.
- Protect your device.
- Avoid the possibility of being fined for violating the rules of the organization.
- Avoids fire accidents due to electrical overload.

What to do

- Guide staff on how to save electricity.
- Create nice sticker with a clear message to paste in eye-catching places.
- Keep the stickers about energy savings carefully
- Send an e-mail to staffs before holidays and breaks containing an energy saving checklist.

Tick if you do this



Use public recycling bins



Remove individual waste bins at people's desks and replace with colour coded recycling bins in your office or on every floor. You will find everything becoming more clean and tidy. Your colleagues will follow you, then all work together to create a better workplace.

Environmental benefits

- Less waste. There is a psychological effect when public bins are used instead of individual bins, because they are placed further away and social control will reduce the amount of waste produced.
- Easier to recycle because the bins are all in one place, it is easier to set up recycling processes.

Personal benefits

- Tidier environment. When you remove your individual waste bins at your working desk, you will see everything gets cleaner and tidier. Your colleagues find out how tidy you are and they will follow you. In the end all people work together and create a better view at the office in general.
- Healthier. Arranging everything tidy at your working desk will help you breathe easier and give you mental peace.

What to do

- Remove individual waste bins
- Use 3 separate waste bins (inorganic recyclable waste, non-recyclable inorganic waste, organic waste), put a tightly covered container to collect leftovers for composting.
- Create a visible area which store items that can be used again
- Dangerous waste should be controlled by the process.



Collect and share recyclable office supplies



Create a visible location where all equipment that is no longer being used can be displayed to all staff, so they can take whatever they need.

Environmental benefits

- Less waste buried in the ground.
- Reduce over-production to protect natural resources.

Personal benefits

- You have chance to give and receive free furniture from your colleagues.
- Create better sharing with friends and colleagues.

What to do

- Put things you don't need in sharing area.
- Try searching and asking to borrow before you decide to buy something.



Tick if you do this

Tick if you do this



Reuse office stationery



Recycling is about more than separating your waste into a few different bins and waiting for somebody to take it away. Although this is helpful to be sure, it requires a lot of natural resources. So that, effectively reuse office stationery before recycling them.

Environmental benefits

- Reduce production to optimize use of natural resources.
- Reduce waste and emissions.

Personal benefits

- Reduce costs of buying office stationery.

What to do

- Manage and economically use office stationery
- Re-use to extend the life cycle of office stationery.

Tick if you do this



Monitor what you throw away



By knowing what you throw away you can adjust your buying pattern, thus reducing the waste of food, packaging, and others.

Environmental benefits

- Reduce waste.
- Reduce overproduction: You no longer buy unnecessary, overproduced food which has already been produced with its incorporated environmental impact.

Personal benefits

- Save money because of effective shopping.
- Save time: You save time on shopping and on disposing.

What to do

- Before throwing things away, be sure that you consider carefully about alternative solutions such as recycle, re-use, ect
- Revise your buying pattern. Based on your disposing pattern you can adjust your buying pattern so that you no longer buy unnecessary food and packaging.

Tick if you do this





Towards a Green Office

- Reuse leftovers
- Use natural light and ventilation
- Perform two modes of light
- Use A/C and fans in first 10 minutes
- Use energy saving modes
- Maintain big electronic devices
- Buy furniture made from environmental friendly materials
- Buy certified furniture
- Lease electronics
- Buy certified electronics
- Hold internal competitions for zero wasterác

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Reuse leftovers

This booklet is offered to you by the GetGreen Vietnam project. It contains tips on how to consume sustainably. The booklet is part of a series targeting different daily rituals such as living, working, eating and moving and the consumption stages buying, using and disposing.

For a general introduction on sustainable consumption, please check the General Waste booklet. It explains why the mentioned reasons are harmful to the environment and, in the end, to our own surroundings.

Also in this series

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30% of the food bought by a Vietnamese family has been thrown away due to issue of expired and unused products. Think carefully before throwing away the food that actually can save many lives.

Environmental benefits

- Reduce waste.
- Reduce overproduction.
- Protect our environment. Prevent water, land and air pollution caused by food waste decomposition.

Personal benefits

- Save money.
- Socialize by sharing foods.
- Enjoy a good meal twice.

What to do

- Wash your hands before processing leftovers
- Use small containers with cover;
- Throw questionable food out;
- Remove stuffing from poultry;
- Don't keep for more than 4 days.



Tick if you do this



Use natural light and ventilation



No air conditioner is better than natural wind, no electric light is better than the sunlight. More importantly, natural light and ventilation are free to use.



Environmental benefits

- Reduce the effect of microclimate and facilitate air circulation.
- Avoid moldy or toxic gases in your home environment.



Personal benefits

- Save cost of lighting and ventilation.
- Increase health and the body's resistance. Limit the skin and respiratory diseases.
- Overcome the thermal shock.
- Enjoy environmentally friendly lifestyle



What to do

- If possible, design open living space to catch natural sunlight and ventilation. Avoid intense sun light and poisonous wind.
- Regularly open ventilation to refresh the air.
- Prioritize using lighting solutions with natural light scattering.

Tick if you do this



Perform two modes of light



Perform two modes of light in a room : the living light and working light . Use wall neon tube for daily life and compact desk lamp for every staff. Installing the appropriate ratio between white and yellow neon (optimal is 3:1) to create the best lighting for the eyes .



Environmental benefits

- Save energy.



Personal benefits

- Good for visual health.
- Save money.



What to do

- Calculate and design appropriate lighting system for the entire workspace.
- If possible, use automatic lighting control system.

Tick if you do this



Use A/C and fans in first 10 minutes



When you turn on the A/C you can leave on the fans for 10 minutes to help with the circulation, but after that you should turn fans off to avoid blowing away the cold air.

Use energy saving modes



The modern office equipment are integrated functions helping to save energy and protect the environment. Give priority to buy and use the equipment with these features.

Environmental benefits

- By this way, the air conditioner will operate more efficiently. As a result, saving energy and reducing emissions to the environment.

Personal benefits

- You will feel cool faster.
- Extend the lifespan and performance of air conditioner, thereby, saving money.

What to do

- Turn fan on gently with the air conditioner in the first 10 minutes. Then turn off the fan and enjoy.
- Only use the air conditioner when really necessary, if not, use fans and natural wind.

Environmental benefits

- Giảm khí thải độc hại.
- Tối ưu hoá sử dụng năng lượng và tài nguyên.
- Reduce harmful emissions.
- Optimize the use of energy and resources.

Personal benefits

- You save money on your energy bill. Also the energy saving modes increase the lifespan of your electronics, which saves you money on having to buy new appliances.

What to do

- Adjust the screen brightness and lighting to the appropriate mode.
- Turn off and unplug all appliances before leaving.
- Priority to print with setting of ink and paper saving.

Tick if you do this



Tick if you do this



Maintain big electronic devices



Tap on the TV screen, unplug then reconnect, turn it off then turn it back on ... we often do so when we have problems with the household devices. But it means that you have not maintained your devices or you do it in the wrong way. Ask a technician to give you a " maintenance schedule" for each of your devices.

Environmental benefits

- Save energy. Keeping devices at good condition will help increase the energy efficiency of the device.
- Save natural resources.
- Maintaining the devices will increase the lifespan so reduce the production need of new devices.

Personal benefits

- Maintenance cost will be less than the cost of repairing or replacing equipment. So you can save money.
- Feel comfortable when the devices work as you want.

What to do

- Maintain devices in good condition by regularly cleaning and operating properly.
- Regularly maintain devices in accordance with manufacturer's instructions.
- Save contacts of some local service providers who offer services of maintenance and repair of household equipment.

Tick if you do this



Buy furniture made from environmental friendly materials



Buy things which are all or some parts made from friendly environment material (Bamboo; Sedge mat; Rattan table/chair; Cement based brick).

Environmental benefits

- Reduce carbon footprint because the material production process makes less pollution and energy.
- Save natural resources and non-renewable energy.

Personal benefits

- It's healthier and safer for users.

What to do

- Buy products from environmentally friendly materials.
- Limit the use of synthetic industrial products that need much of resource for the manufacturing process.

Tick if you do this





Buy certified furniture



Give priority in buying products having eco-label (organic label, FSC label, domestic origin, saving resource, social responsibility...)

Environmental benefits

- Reduce use of natural resources and energy.
- Reduce emissions and environmental pollution.

Personal benefits

- Save money.
- Good for your health.

What to do

- Buy and use certified products.

Tick if you do this



Lease electronics



In an uncertain economy, leasing office equipment is becoming more and more of a smart business move for money saver. This is even truer for those small-business owners.

Environmental benefits

- Save natural resources and energy in production by optimizing equipment performance and features.

Personal benefits

- Save money. One way to keep cash in your business is to lease equipment such as copiers, computers, software and scanners. You also won't have to worry about costs for disposing.
- More cutting-edge. Technology is constantly changing, and keeping up with change can be very financially draining. There are even some leases available that upgrade the equipment yearly.

What to do

- If you are not sure whether you will use certain electronics for a long time, lease them.

Tick if you do this



Buy certified electronics



If we must purchase new (or used) appliances and equipment (printers, copiers, microwaves, etc.), we only purchase Energy Star or EPEAT certified models.

Environmental benefits

- Reduce the negative impact of the equipment on environment.
- Save energy and natural resources.

Personal benefits

- Save money for operating.
- Improve the quality of life.
- Be more comfortable to use.

What to do

- Check carefully the technical characteristics of the equipment before buying.
- Give priority in buying certified appliances or manufactured by certified companies (EE, ISO, FSC, ...).

Tick if you do this



Hold internal competitions for zero waste



It's one of the latest, and ultimate, environmental concepts. Reduction goals can change again and again, but there's nothing below zero (unless you consider the growing trend of companies and products being carbon-negative or climate-positive). But let's get to zero first with the question: The Zero Waste Office: Is it Possible?

Environmental benefits

- Minimize or no waste from your office to protect natural resources and improve the environment.

Personal benefits

- More awareness. For a competition people are usually more interested to learn more, so they have to become more aware of sustainability which may also reflect on their behaviour in other areas.
- More involvement. All colleagues are involved in the competition and can come up with own ideas and initiatives which makes it a collaborative goal.

What to do

- Organize the competition to measure and assess the effects of individual on environment.

Tick if you do this



Note

What is sustainable consumption?

Within the scope of Get Green Vietnam sustainable consumption is considered to be the action of buying, using or disposing that follows after a decision-making process of a consumer taking his/her social and environmental responsibility by minimizing impacts on the environment in accordance with personal needs and desires to ensure the same quality of life while performing the daily rituals living, eating and working.

Project goal Get Green Vietnam

Under pressure of shortage raw materials in the world, creating sustainable products is a new trend for global and Vietnamese manufacturers in order to protect our earth and maintain the sources in the world. In order to support sustainable production, the pushing in the demand should be activated at the same time. The GetGreen Vietnam project wants to increase the level of sustainable consumption in Vietnam.

More information

For more information, visit www.getgreen.vn

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