

YTL believes everyone has a part to play in protecting our earth and the environment.

Every time we flip a switch, take a hot shower or drive a car, we release more carbon dioxide that heats up the atmosphere. If everyone went on a low carbon diet, we could lose a bit of weight and even save money but ultimately, we'd end up saving the planet. Want to do something to help stop global warming? Here are 10 simple things you can do.

THE LOW CARBON DIET

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Rule #1: Finish all your food.

We dispose around one-fifth of the fruits and vegetables we buy over a year. If we finished all our food, lower market demand would reduce production and transport related CO2 emissions. So don't buy more perishables than you can eat in a week. As mum says, "Finish all your veggies."



Rule #2: Bin your trash bin for a week.

As an experiment, avoid disposing anything for 1 week. Drop paper & metal waste at your local recycling centre. Convert food scraps into compost or a treat for a neighbour's pet. Reuse plastic items. After a week, we'd have learned to use the trash bin sparingly.



Rule #3: Feeling blue? Take a cold shower.

A soak in the bath averages 80 litres of water while a 5-minute shower uses only about 35 litres. What's more, if you're feeling a little under the weather, recent studies prove that short, cold showers drive the blues away.



Rule #4: Jog to the gym.

We often choose our gyms based on proximity to the place we work or live. If your gym is a short hop away, consider jogging over. After a few months, you might not even need to go to a gym altogether.



Rule #5: Switch off standby modes.

Electrical appliances left on standby mode slurp up energy in order to support features such as timers, clocks, memory and remote "on" and "off" switches. If you don't want to incur an additional 5% to 13% on your household electricity bill, just use your finger. Switch it off.



THE LOW CARBON DIET

Want to know more?

Visit www.ytlcommunity.com/climatechange.

Rule #6: Plastic bag? No, thank you.

Decline plastic bags at shopping counters if you can. Use heavy duty canvas bags instead and keep one handy in your car. If shopping for only a few items, use your purse, pockets or hands. When the demand stops, we can finally bag the plastic bag.



Rule #7: Enjoy the morning paper on the way to work. Carpool.

Carpooling has many perks. You'll save on petrol and toll charges. You're less likely to be stressed out (if you take turns driving) and more likely to be productive at work. In fact, you'd have already finished reading today's paper.



Rule #8: Feed your plants.

Recipe to convert waste into compost. Put aside fruit & veggie scraps. Add tea bags & coffee grounds. Toss in crushed eggshells, shredded paper & soft cardboard. Mix with garden & grass clippings. Leave aside in your garden for 3 - 6 months.



Rule #9: Support your countryman. Buy local.

Vans, lorries and planes cover billions of kilometres a year transporting food, releasing vast amounts of CO2. So opt for local fruits instead of imported ones. Seafood from Klang instead of air-flown from Alaska. It's good for our economy and Mother Nature.



Rule #10: Harvest the sky.

We all love a freebie. And last we checked, rain water is free. If you don't want to install rain harvesting equipment, just place empty buckets in position. Use to wash your car, clean up bathrooms and water your indoor plants.

