

# Green Gazette

Supporting a culture of sustainability at NIE

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## Planet-Friendly Eating at the NIE Canteen

The semester has just started. With the new food stalls opening at the NIE Canteen, we took a snapshot of each stall -- old and new -- to share with you a healthy and eco-friendly meal from each! Several food stalls at the NIE Canteen offer leafy greens, mushrooms, and soy-based products as part of their dishes.



Meatless Dishes

Dishes with Fish and with Meat Broth



Top row: Mala, Western Food, Chinese Food, Malay Food

Bottom row: Japanese Food, Fishball Noodle, Fish Noodle, Chicken Rice with Bitter Gourd and Egg

[Food production](#) is one of the significant sources of global greenhouse gas emissions. Moving towards a plant-based diet is one of the top ways we can help save our planet! Eating plants has a smaller carbon footprint than eating animals, and among animal products, certain seafoods have a relatively low carbon footprint. Check out the [Singapore Seafood Guide](#) to find out more about sustainable seafood.

## Green FAQ: Conserving Water for Your Home Garden

**Q: “It’s been so dry lately. The plants in my neighbourhood are dying. Is there anything we can do at home to better conserve water?”**

**A:** Singapore is experiencing its [first dry spell in more than 5 years](#). We’ve seen yellow patches of dead grass and droopy plants around the island for the month of August. This dry weather will likely [continue for the next few weeks](#), and reminds us that water is a precious resource.

Although the water consumption per person per day has dropped from 165 litres in 2003 to 143 litres in 2017 in Singapore, we can always learn to **repurpose water**. The water that we use to wash rice, pasta, fruits, and vegetables can be reused to water your houseplants. In [an interesting small-scale study](#), Dr. Christopher Teh and his student found that the water from washed rice is as effective as using fertilizers. In addition to saving water from the kitchen, you can collect the cold shower water with a bucket as your shower is warming up. Store that water in a bottle and give the parched grass a drink on your walks. Use every drop of water for your home or community gardens!

## Sustainability in the News

- [Calamity may come if Singapore doesn’t take care of its coastlines](#) (Channel NewsAsia, 21 Aug 2019)
- [Imported waste worsens living conditions for villagers living in West Java](#) (Channel NewsAsia, 22 Aug 2019)
- [About 30% of recyclable waste in Singapore exported overseas](#) (Channel NewsAsia, 6 Aug 2019)
- [3 MPs renew calls to charge for use of plastic bags](#) (The Straits Times, 6 Aug 2019)
- [Donation bins for reusable bags at supermarkets](#) (The Straits Times, 3 Jul 2019)

## Share Your Green Initiatives

Tell us how you or your colleagues are promoting the 4Rs (refusing, reducing, reusing, and recycling)! Email [greenclan@nie.edu.sg](mailto:greenclan@nie.edu.sg).

### **About Green Clan**

Green Clan was formed in 2017. We are an informal group of research, faculty and admin staff interested in sustainability matters and supporting evidence-informed initiatives for sustainability. [Follow us on Facebook](#) | [Join the team](#)