

MY FORWARD SINGAPORE IDEA

FEATURING

Clara Ong

Doctor, 40
Forward SG Participant



“An image on National Geographic left a deep impression on me: a seahorse swimming with a discarded cotton swab, showing how polluted our oceans are.

At the rate we're using plastic, I fear for our future. Micro-plastics have reportedly permeated the oceans. If we don't do something about reducing plastic use for our future generations, who is going to do it for them?”

UNDERSTANDING THE EFFECTS OF POLLUTION

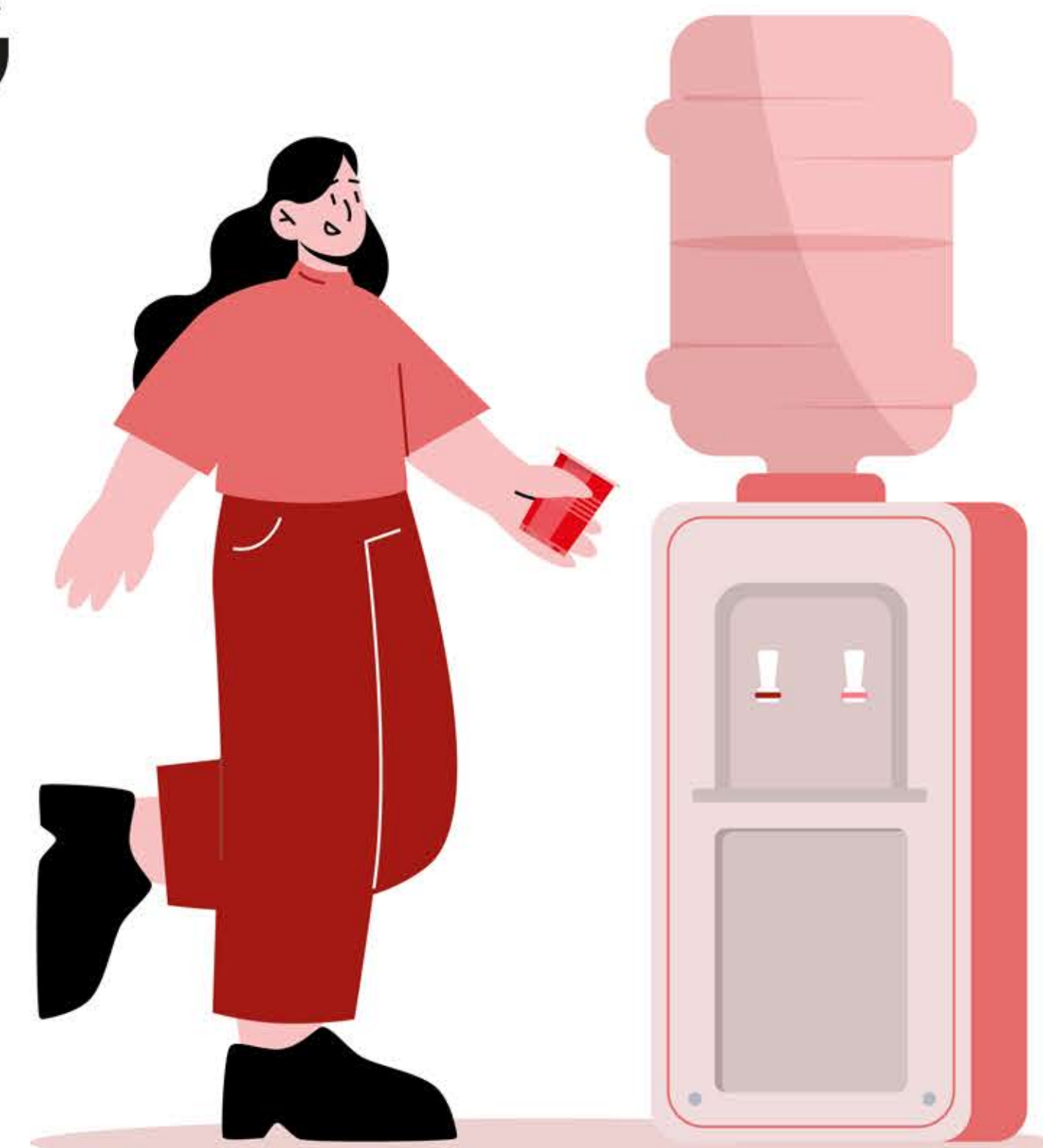
INSTILLING SUSTAINABLE HABITS IN OUR CHILDREN



“As a mother of three young children, I think it's important to inculcate in them values of sustainability. At home, I set up a recycling box and encourage them to use it. My kids also reuse junk mail to write notes, do their colouring, and practise spelling.”

“For large-scale events, organisers could be more deliberate about reducing plastic use. For example, by replacing bottled water with a water dispenser.”

REDUCING PLASTIC WASTE AT EVENTS



ENCOURAGING USE OF REUSABLE BAGS

“To reduce consumers' use of plastic bags, supermarkets could designate areas where paper and cloth bags could be contributed. So that grocery shoppers who forgot their reusable bags, can use those in the contributed pile instead of plastic bags.”

