



In 2020, we celebrated Laudato Si' Week (16-24 May) as part of a global Catholic movement encouraging everyone to reflect, pray, and create a more sustainable tomorrow.

Themed Everything is Connected (God, nature, and one another), Eve Ong (our colleague in charge of Parish Engagement) shared five practical tips to incorporate sustainable habits at home.



Stay-home hack #1

Eve grows organic vegetables outside her HDB flat. She shares that she is gaining a lot from it – vegetables to eat and reduce carbon footprint.



Stay-home hack #2

The weather in Singapore can get really hot and humid, and the temptation to turn on our air-conditioners is real, especially for those of us working from home during this period of time. Eve consciously sets her air-conditioner to 25°C when the weather gets unbearable. This helps to reduce carbon footprint and it helps save on electricity bills too.



Stay-home hack #3

Takeaway meals have become more common during this time. Eve uses a reusable takeaway container to 'da bao' her food instead of using plastic and Styrofoam packaging. This reduces waste and helps to prevent chemical contamination.



Stay-home hack #4

Staying at home during a time such as this would result in higher electricity consumption – from switching on the lights and air-conditioners to watching tv or using our laptops. This increases carbon emissions and higher electricity costs. Eve tries to use natural light whenever possible by drawing the curtains open to let the warm sunlight in. Did you know that sunshine is a good source of vitamin D?



Stay-home hack #5

We are privileged to have clean water, a precious resource right from our taps. Sometimes we take this for granted. Eve uses a basin to wash fruits and vegetables, and then reuses the water to water her plants. This helps to conserve water, and it also results in 'happy' plants.