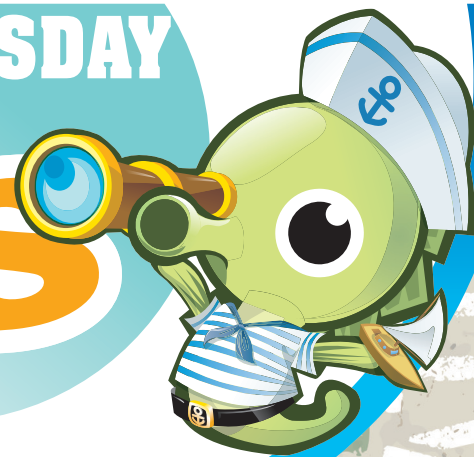


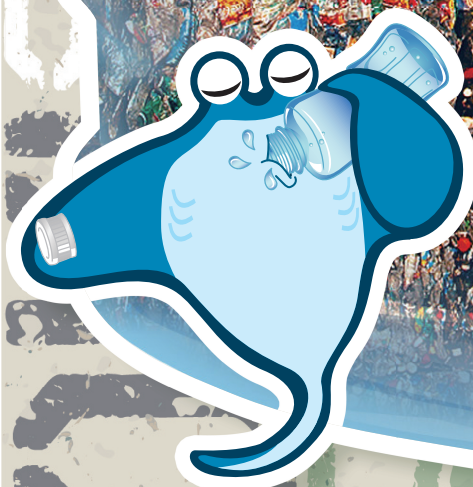
Goodies



No more plastic waste



BIG Dee likes all kinds of soft drinks. After drinking, he throws away the plastic bottle. One day at school, he learns that plastic bottles take up too much space in our landfills. Rose carries her own water bottle. By doing so, she helps to reduce plastic waste.



Big Dee!
Carry your
own water
bottle!



Editor's Note

Hi! I am now at that age where I have lower back pain. The problem was that I had been sitting in the wrong way at my desk. At one point, my back really hurt and I walked as slowly as a tortoise because it was so painful. But what I find shocking is that many school kids have problems with their spine. I am not surprised as their schoolbags are so heavy with books. Also too much time spent looking at smartphones puts pressure on the neck too. Put away those electronic devices and get active instead! Turn to P06 to read a news report about this problem.



Simon

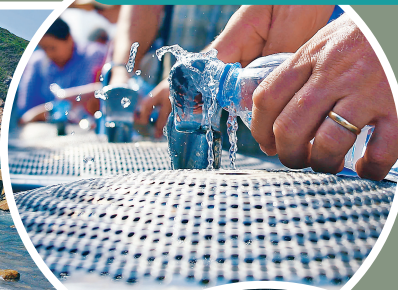


Birds in danger

EVERY day we throw away tons of plastic **beverage** bottles. They fill up our **landfills** and threaten wildlife. Birds die after swallowing broken pieces of plastic. One way to help improve the situation is to avoid buying drinks in plastic bottles. What else can we do?



A free, refreshing drink

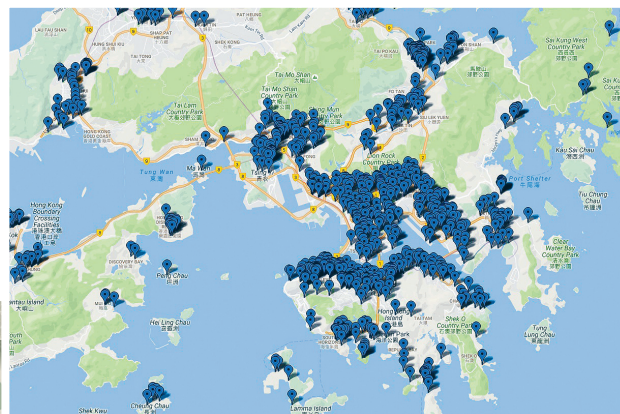


REUSABLE bottles are good. One bottle can last a long time. You can **refill** your bottle at public **water fountains**. There are many such fountains in parks and stadiums. You can also find them at your school.

Most fountains have **filters**, and some even have distilled or mineral water. Have you seen any water fountains where you live? Remember that water is healthier than sugary soft drinks.

Finding a fountain

APART from Google maps, there is a website showing where you can find public water fountains (see Water for Free link below) and dispensers in Hong Kong. Use this website and its mobile app whenever you need fresh water.



Water for Free
freewaterhk.wordpress.com

Hong Kong waste reduction website
www.wastereduction.gov.hk



Here is how you can reuse plastic bottles:

To store items



To hold discs



To keep food fresh

