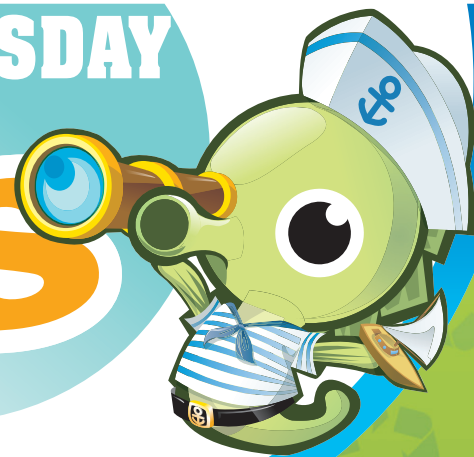


March
2018

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WEDNESDAY

Goodies



A new life through recycling

YOU probably have heard people emphasising recycling so many times that it has become a boring cliché. But recycling is not just about dumping your stuff into recycling bins. Instead, it could be a delicate and challenging art of breathing new life into items and giving them surprising purposes. Some people call this 'upcycling'.

We can turn cans into pencil holders and reuse cardboard!

There are lots of amazing ways to remake rubbish!

Editor's Note

Hello! When I want a quick meal, I will sometimes make instant noodles. I do not eat it too often, though, because this food has lots of chemicals that are really not good for you. But one time when I was in another country, I could not find anything suitable to eat. When I saw some cup noodles in a shop I thought God had saved me from hunger! I am sure every Chinese person feels that way and so they bring lots of cup noodles with them when they go on holiday. What is your favourite cup noodles? Turn to P08 to learn what is inside this instant, although unhealthy, food.



Simon

Up is the new green

FOR most of us, simple upcycling may mean DIY handicrafts, such as turning plastic bottles into pencil holders, or **polishing** broken glass pieces into accessories. But with the right technology, upcycling can be applied to **transform** what seems to be absolutely useless. Can you imagine clothes made from cow poop, plastic bottles and coffee grounds? Or wallets made from fish skin? These are all real examples of upcycling technology.

Just because it cannot be used right now doesn't mean it is useless!

Poo to posh

ECO-CONCERNED designers are looking for greener fabric **substitutes**. One possible material is, believe it or not, made from cow poop! The fabric created is soft, sturdy and, naturally, odourless.



Coffee to clothes

COFFEE **grounds** used in brewing usually end up in the bin, but it could be turned into **fertilisers**. Can you also imagine turning this muck into a T-shirt? A Taiwanese company has developed a fabric made with recycled coffee grounds and plastic bottles. Three cups of coffee, and 12 and a half bottles can create one heat-preserving, odour-controlling shirt.



Bathtubs to sofas

BULKY furniture is a major landfill headache. Second-hand furniture used to end up in them but not anymore. Look closely at the sofa Stevie is sitting on. It is made from a bathtub. Some furniture in the **sludge** processing facility T-Park, in Tuen Mun, are actually 'upgraded' old desks and chairs from a school.

