CURATED PICKS

SUSTAINABLE CONSUMPTION

WHAT IS SUSTAINABLE CONSUMPTION?

"Sustainable Consumption & Production refers to 'the use of services and related products which respond to basic needs and bring a better quality of life while minimizing the use of natural resources and toxic materials as well as emissions of waste and pollutants over the life cycle of the service or product so as not to jeopardize the needs of future generations.' "

— United Nations Environment Programme (UNEP)

WHY IS IT IMPORTANT?

- The ways in which we consume (i.e. buy, use, and discard) have consequences.
- Overconsumption is damaging our planet, depleting resources, and affecting human health.
- Discover why it is important to consume in a sustainable manner through articles and videos on these pressing issues:

🥤 PLASTIC POLLUTION



👕 FAST FASHION



🍎 FOOD WASTE



🥤 PLASTIC POLLUTION

- **Great Pacific Garbage Patch** (National Geographic)
  🔗https://education.nationalgeographic.org/resource/great-pacific-garbage-patch/

- **How Can We Solve the Plastic Pollution Crisis?**
  (World Resources Institute)
  🔗https://www.wri.org/insights/plastic-pollution-global-plastics-treaty-explained

- **▶️[Video - 5:25] The Problem with Plastic - and How We Can Solve It** (BBC Ideas)
  🔗https://www.youtube.com/watch?v=_pHDHijEzOo



🔓 STATISTA LINKS

Sign in 1x to view links on Statista!

1. SIM Library E-Resources https://primo.sim.edu.sg/



2. When signed in, click on

+ Statista [Featured]

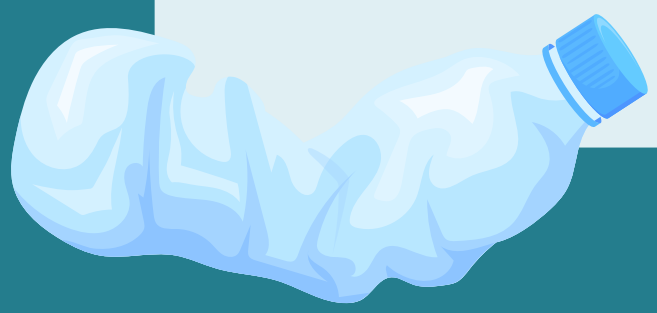
3. Come back to this page to click on Statista links!

- **Plastic Waste in the Asia-Pacific Region - Statistics & Facts**
  (🔓 Sign into Statista via SIM Library)
  🔗https://www.statista.com/topics/9499/plastic-waste-in-the-asia-pacific-region/

- **The Plastics Crisis is Ubiquitous**
  (🔓 Sign into JSTOR via SIM Library)
  🔗https://www-jstor-org.sim.idm.oclc.org/stable/resrep63260.6

- **Breathing Plastic: The Health Impacts of Invisible Plastics in the Air** (🔓 Sign into JSTOR via SIM Library)
  🔗https://www-jstor-org.sim.idm.oclc.org/stable/resrep63240







👕 FAST FASHION

- **Fast Fashion E-Commerce Statistics and Facts**
  (🔓 Sign into Statista via SIM Library)
  🔗https://www.statista.com/topics/10498/fast-fashion-e-commerce/#topicOverview

- **The Rise of Shein** (🔓 Sign in to Statista via SIM Library)
  🔗https://www.statista.com/study/132477/shein/

- **Explainer: What is Fast Fashion** (University of New South Wales)
  🔗https://www.humanrights.unsw.edu.au/research/commentary/explainer-what-fast-fashion-human-rights-environmental-impacts

- **Chile's Desert Dumping Ground for Fast Fashion Leftovers** (Al Jazeera)
  🔗https://www.aljazeera.com/gallery/2021/11/8/chiles-desert-dumping-ground-for-fast-fashion-leftovers

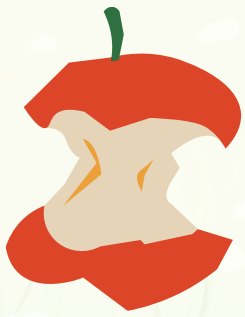
- ▶️**[Video - 3:21] From Waste to Wardrobe: Singapore Ships 70 Tonnes of Clothes A Week to Malaysia in Recycling Tie-Up** (Channel NewsAsia)
  🔗https://www.youtube.com/watch?v=KzWphRPxifs

- ▶️**[Video - 4:02] Can Fashion Ever Be Sustainable?** (BBC Ideas)
  🔗https://www.youtube.com/watch?v=SP4b8KqklkQ



🍎 FOOD WASTE

- **Rotting Food is Supercharging the Climate Crisis. Here's What to Do About That** (UNEP)
  🔗https://www.unep.org/news-and-stories/story/rotting-food-supercharging-climate-crisis-heres-what-do-about



- **More Than 1/3 of All Food Produced Globally Goes to Waste** (World Wildlife Fund)
  🔗https://www.saveonethird.org/

- **Determinants of Food Waste Among Consumers: Results from a Cross-Sectional Study** (🔓 Sign into Academic Search Complete via SIM Library)
  🔗https://research-ebsco-com.sim.idm.oclc.org/c/3wtr4a/viewer/pdf/qzhni4x5ij

- ▶️**[Video - 5:05] Food Expiration Dates Don't Mean What You Think** (TED-Ed)
  🔗https://www.youtube.com/watch?v=jDg8DQl7ZeQ

WHY IS IT DIFFICULT TO MAKE SUSTAINABLE CHOICES?

- **If Consumers Care About Sustainability, Why are Sustainable Choices Still Hard?** (World Economic Forum)
  🔗https://www.weforum.org/stories/nature-and-biodiversity/consumers-sustainability-choices-world-consumer-rights-day/

- **The Big Read: Reducing Single-Use Plastics and Disposables — Are We There Yet? Or Are Companies Just Greenwashing?** (Channel NewsAsia)
  🔗https://www.channelnewsasia.com/cna-insider/big-read/big-read-reduce-single-use-plastics-disposables-companies-greenwashing-4297071

- **Greenwashing: Appearance, Illusion and the Future of 'Green' Capitalism** (🔓 Sign into Academic Search Complete via SIM Library)
  🔗https://research-ebsco-com.sim.idm.oclc.org/c/3wtr4a/viewer/pdf/b7o24tkfan

- **Consumers Still Care About Sustainability In 2026 – Yet Other Priorities Win Out** (🔓 Sign into Factiva via SIM Library)
  🔗https://app-dowjones-com.sim.idm.oclc.org/factiva/article?id=drn:archive.newsarticle.GFOOD00020260824em8o000b6&XSID=S002sbjYWRj0WvyMT7yMT2tMTIpNDMsMXmm5Ff9R9apRsJpWVFBQUFBQUFBQUFBQUFBQUFBQUFBQUFBQUFBQUFBQUFB



HOW SHOULD WE CONSUME IN A SUSTAINABLE WAY?

- **Reducing Our Use of Disposables** (National Environment Agency)
  🔗https://www.nea.gov.sg/our-services/waste-management/3r-programmes-and-resources/reducing-our-use-of-disposables

- **Sustainable Living Tips** (Conservation International)
  🔗https://www.conservation.org/tips

- **Singapore: Sustainable Consumption Practices by Age Group**
  (🔓Sign into Statista via SIM Library)
  🔗https://www.statista.com/statistics/1320541/singapore-sustainable-consumption-practices-when-buying-goods-by-age-group/

- ▶️**[Video - 1:42] Have You Been Recycling Right?** (Gov.sg)
  🔗https://www.youtube.com/watch?v=4C-B6dCwrJM

FIND THE NEAREST RECYCLING BIN IN SINGAPORE

