



Recycling and
Environmental
Action
Planning
Society

Greening Your Office

...one tip at a time!

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

GREEN TIP #113:

September 2019

Get to know your local farmers



There are many benefits to buying locally grown food, from supporting your community to helping the environment. Encouraging local farmers is not only a smart sustainable decision but it also gives consumers the peace of mind in knowing where their food is coming from. Keeping your money close by helps to support the community by creating more jobs and supporting the local economy.

Locally grown food can be produce like fruits and vegetables, dairy products, eggs and even locally raised meats. Choosing any of these products from a nearby farm means they are likely to contain little to no hormones or preservatives, resulting in a healthier product for the consumer.

So, next time you're picking up groceries after work, heading out for a bite at lunch, or hosting a work event, consider shopping local first!

Sticking to the 100-mile diet or shopping the local farmer's markets is an excellent way to ensure you are leading a more sustainable lifestyle.

Buying locally grown products drastically reduces the miles your food travels before arriving at your home. By cutting down these miles you are reducing the environmental impact of your food since it no longer has to travel on planes, trucks, or overseas. This cuts down on air pollution, packaging and shipping facilities, refrigeration and fuel consumption needed to get the food from the farm to your plate.

As an added benefit reducing the travel time your food must undergo means the product you end up with will likely be fresher and healthier.



Do you have any questions or suggestions? Call or email us at green_solutions@reaps.org!

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