



**R**ecycling and  
**E**nvironmental  
**A**ction  
**P**lanning  
**S**ociety

# 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 #40:

August 2013

### Let's get Mugged!

And by mugged I mean ceramic mugs. One way for an office to reduce their environmental impact is to stop providing employees with disposable cups whether they be paper or Styrofoam. Instead, encourage employees to bring their own ceramic mugs from home and to keep them in the lunchroom or at their desk. If you factor in all the energy used to ship and produce a single ceramic mug it is better for the environment after 70 uses.

Ceramic mugs are a much cheaper solution to disposable paper cups, and they are much better for your health. Most paper cups have a thin coating of polyethylene resin which acts as an insulator and is used to make paper cups more durable. Polyethylene resin contains carcinogenic chemicals that can make their way into your hot coffee. Both polyethylene and Styrofoam are not biodegradable.

130 billion paper cups and 25 billion Styrofoam cups are consumed in North America each year, that's 50 millions trees being used to make something which has an average lifespan of 15 minutes. *It is important to reduce the amount of trees we cut down as they help our environment by absorbing carbon dioxide, and filter ground water. Finally, while we consider how many trees we are cutting down for these cups we also have to take into consideration all the water, ink, and 4 billion pounds of carbon dioxide released into the atmosphere during production and shipping of these cups.*

*If we are to take into consideration all of these factors it becomes clear that in order to help the environment we must say no to disposable cups and yes to ceramic. Will you get mugged today?*



Do you have any questions or suggestions? Call or email us at [green\\_solutions@reaps.org](mailto:green_solutions@reaps.org)!

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