



Recycling and
Environmental
Action
Planning
Society

Greening Your Office

Tips by Email

Attention: **Office Staff**

From: **Sarina @ REAPS**

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Phone: **250 561 7327**

GREEN TIP #5:

Achieving a waste-free lunchroom!



How? Forego single serving sugar and cream for your sustainable fair trade coffee or tea.

Encourage staff to bring waste free lunches. This means no Ziploc bags, no cling wrap, no aluminum foil, no wax paper.

Packing a waste-free lunch is easy!

Instead of single serving packaged food (ex. yogurt, tomato juice) buy these items in bulk and place in reusable lunch containers or bottles.

Instead of buying individually wrapped granola bars, try making them at home. They will taste better, and they can be frozen too!

Simple homemade granola bar recipe:

2 cups rolled oats (I've upped it to 2 1/2 cups for another batch and they turned out great)

1/2 cup packed brown sugar

1/4 cup wheat germ

1/4 cup ground flax

1 teaspoon ground cinnamon

1 cup whole wheat pastry flour

1/2 cup raisins

1/4 cranberries

3/4 teaspoon sea salt

1/2 cup honey

1 egg, beaten

1/2 cup canola oil (I might try substituting some of the oil with apple sauce next time)

2 teaspoons vanilla extract



1. Preheat the oven to 350 degrees. Grease 9 x 13 baking pan.

2. In large bowl, mix together the oats, brown sugar, wheat germ, flax, cinnamon, **flour**, raisins and salt. Make a well in the centre, pour in the honey, egg, oil and vanilla. Mix well. Pat the mixture evenly into the pan.

3. Bake for about 30 minutes. Cool for 5 minutes then cut into bars or squares.

Aim for not throwing ANYTHING in the trash during your lunch break, and you will have achieved waste free lunch success!

Any Questions or Suggestions? Call or Email us! 250 561 7327 or Green_solutions@reaps.org

Recycling & Environmental Action Planning Society (R.E.A.P.S)

PO Box 444, Prince George, BC V2L 4S6 (250) 561-7327 (ph) (250) 561-7324 (f)

website: www.reaps.org