



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 #53:

September 2014

The Office Jungle

Perhaps you feel slightly sick from all of the time that you spend indoors. Many of the products that can be found in the office can help to produce poor indoor air quality. One way to help improve the air quality, and your health, where you work is with plants. Many indoor plants help to clean the air by targeting certain chemicals.



Adding plants to your office does not mean that you need to create a small jungle. Simply adding a few plants where there is space will help to improve office space. Some of the best plants to add to your office include:

English Ivy: Does well in small spaces and areas with little sunshine. Helps to absorb formaldehyde.

Lady Palm: Easy to grow and helps control ammonia.

Snake Plant: Does well in low light. Helps lower CO₂ and remove formaldehyde and benzene

Golden Pothos: A very flexible vine, this plant helps with formaldehyde, carbon monoxide and benzene.



Wax Begonia: Good in a area with lots of sunlight, this plants helps with benzene. Flowers in the summer.

Spider Plant: An easy plant for beginner gardeners will help with formaldehyde and benzene.

By spending a little time on your plants you will help your office to be more green both in colour and in health.

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

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