



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 #62:

June 2015

Fun in the Sun with Natural Lighting

Daylight is free. Why not take advantage of it? Instead of worrying about turning the lights on and off and wasting electricity, you could be using natural sunlight to brighten a room during the day.



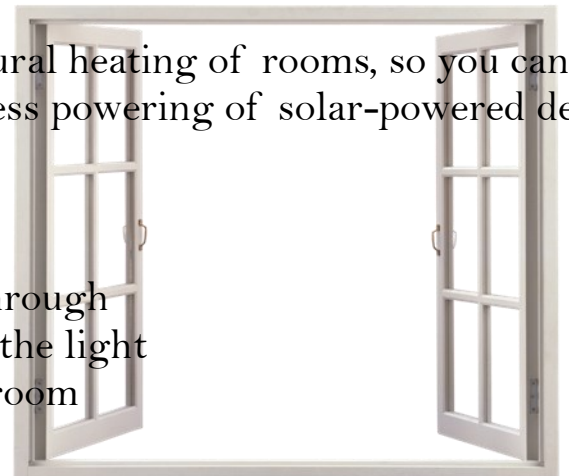
Interior daylight has been shown to increase people's productivity and satisfaction in multiple studies. You also get your daily dose of vitamin D, the sunshine vitamin. Vitamin D maintains strong bones by helping absorb calcium from food.

As sunlight is complementary from mother nature, it does not require electricity generation. It is more beneficial to the environment as no greenhouse gases are emitted and no natural products need to be extracted, sustained, processed or shipped.

In addition, some added perks of daylight include natural heating of rooms, so you can maintain a lower level on your thermostat, and effortless powering of solar-powered devices.

How to maximize natural lighting in your office:

- ◇ Have windows for which the sunlight can shine through
- ◇ Paint walls and ceilings in light colours to reflect the light
- ◇ Install a light shelf to reflect light further into a room



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