



**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 #73:

May 2016

# Choose Local Food for Work Events

As we move into the warmer months, we begin to see an influx of seemingly endless work parties and events. It is also the beginning of growing season in the North, as the weather improves. It is important to consider the impact of parties on the environment for both employees and customers. One important aspect of parties or events is the food, and you can help the environment by considering where your food came from. Whenever possible, supply your event with food from a local producer.

Local food is food that is grown or produced nearby or in your area. There are many ways to access local food, including directly from farmers, farmer's markets, food co-operatives, and locally-sourced grocery stores. Food bought from locals helps support their small business, which in turn allows them to support you and other community members. As well, local food is fresher, and takes less of an environmental toll because the distance travelled is far less than your average grocery store. If you

don't want to do the food preparation yourself, you can always contact a local restaurant or café to see if they cater. You might even get a better deal for a big order!



Supporting local food producers doesn't have to be reserved for special occasions, you can also support local everyday. This can occur in the foods you choose to buy and bring for lunch, or you can grab lunch from a local café or restaurant. Try to take large orders, as this reduces the amount of packaging needed. When food is brought by employees, try to encourage the use of reusable containers for food. These simple steps can reduce the environmental impact of the food you consume.



*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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