



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 #82:

February 2017

What's for lunch?

Nothing ruins your day at the office like a not-so-great lunch. Try to create waste-free lunches that don't look like the ones on this website (saddeskunch.com). As Canada's landfills reach capacity, we must be more mindful of reducing waste associated with making our meals. Here are some waste reduction tips that will be easy on the environment, your wallet, and even your stomach!

Get your groceries local and in season!

WHAT'S IN SEASON FOR NORTHERN B.C. IN FEBRUARY?

Storage/dried/frozen - apples, beets, cabbage, carrots, garlic, mushrooms, onions, parsnip, potatoes, rutabaga

Available year-round - eggs, beef, pork, lamb, poultry, fish, bison, rabbit, wild game, other meats *use local sources!

What's in season for other months? <http://beyondthemarket.ca/programs/growing-the-north/seasonal-availability/>

Lunch-making tips!

- Plan your meals ahead of time.
- Keep an inventory of your fridge, freezer, and pantry (use as much as you can before you buy more).
- Make more for dinner and take your leftovers for lunch.
- Get inspired by easy, well-balanced, kids lunches.
- Use re-usable containers.
- Keep eating utensils at your work space.



Use this winter meal plan as an example (tailor it to what's in season in your region):

<https://gippslandunwrapped.com/2016/07/24/zero-waste-winter-meals/>

Low on containers? Save your jars and check out these mason-jar lunches!:

<http://greatist.com/eat/mason-jar-recipes>

Promote waste-free with your co-workers!

- Keep a food waste bin in your office and arrange for the proper organics to be composted (avoid meat/milk products).
- Create a waste-free lunch challenge (make it more fun with prizes).

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