



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 #86:

June 2017

Green your iced drinks

Summer is almost in full swing, which probably means swapping out afternoon coffee for your favourite iced beverage. Nothing beats the heat like a frappe! We've got a few tips here to help you enjoy your favourite cold drink sustainably (and spruce up your water intake at the same time):



- **Travel mugs work for iced drinks, too!** You can use the same mug you use for hot beverages, or buy reusable mugs designed for iced drinks (complete with straw and lid) at most coffee shops and kitchenware stores, but a simple recycled mason jar also does the trick. You can even purchase mason jar lids designed with straw holes!
- **Bring a reusable straw.** Unfortunately, straws are not recyclable (even though iced cups and lids are!), which means there's no way to stop those straws from ending up in the landfill. Luckily, there's a wide variety of reusable straws on the market. Choose a metal or glass straw for maximum eco-benefits. They even make extra-wide straws specially designed with smoothies, milkshakes, and frappuccinos in mind!
- **Forget bottled water**—Prince George's municipal water is some of the best tasting in the province. If you're craving something more flavourable, opt for infused water instead of pop or juice from the vending machine! Fruit is abundant (and extra tasty) this time of year, and fresh herbs can be easily grow at home or in your office. Try cucumber slices and fresh mint leaves, or blackberries and sage—or lemon slices and fresh ginger root, if you're feeling a little summer cold coming on.
- **Designated a recycling bin** in your office for plastic cups and lids (no straws). Give them a quick rinse once you're done, and they can be recycled through your commercial recycling program, or dropped off at your nearest MMBC recycling depot.



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