

...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 #146:

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When it comes to lunches we all love our sandwiches, breads, jams, soups and so much more but what does it usually come packed in? Most of the time its either bags, disposable containers or cling wrap, which yes it keeps our foods clean and together but there are better ways to store our lunches such as Tupperware or even better glass re-usable containers.

When it comes to the single use items we use for our lunches we make about 1.7 million tons of plastic waste yearly and that's just the wraps and single use containers, if we include straws and plastic cutlery as well as other single use items it is 3.3 tons yearly in just single use items related to food product with an expected increase of 450,000 tons in these plastics if we don't slow down on single use before 2030. Which is why re-usable plastic and glass is the way to go. Not only that but you can use items like thermoses, glass mugs, bee wax wraps and metal straws in order to decrease the plastic waste more then you would if you were to just change out one thing.

These products are also easy to clean and openly available and on top of that unless your containers break you will never have add it on to your list of groceries after you get your first ones. Stop using single use when you can make eating lunch environmentally friendly and easier then it was before.

Also if you would really like you can buy bees wax or if you ever get bored or if you are feeling crafty there is plenty of recipes online that will give you step by step of how to make your very own bees wax wrap! It'll help keep your food nice and fresh while your working and it beats Ziploc single use plastics.



Wipe out Waste

Pack waste free food!

Did you know that up to 50% of items in school/preschool bins come from food and drink packaging is brought from home?

Pack

- Snacks in reusable containers
- Drinks in a reusable bottle
- Reusable utensils when needed
- A reusable lunchbox or back-pack

Avoid

- Lunches packed in plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or single serve items

Community

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