

...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 #155

March 2023

The many R's of sustainability

The 6 r's of sustainability are all interconnected and separating them into discrete sections is a simplification. In fact there have been additions to the original R's and now some adhere to 9: rethink, refuse, reduce, reuse, re-gift, repair, rent, recycle, rot. This edition will focus on the first five, rethink, refuse, reduce, reuse and regift and next months issue will follow up with the additional five. The order of the R's is important as well, the latter few are oriented around sorting the waste we produce, while the first few are focused on reassessing our behavior to reduce the waste we produce and the resources we unnecessarily consume. The order of the R's is an important part of their design. It is meant to encourage us to be proactive in our environmentalism instead of only reactive.

Rethink - This is the most deceptively difficult R. Rethink means rethinking EVERYTHING. Pause and try to reassess your workplace with a fresh set of eyes. Is your recycling station set up in a functional way? Do you and your colleagues recycle everything that you can? What could you do to improve that? Does your workplace buy recycled or recyclable supplies when possible? How much single use plastic does your organization use? Is it all necessary?

Refuse - This R is very simple. Stop participating in overconsumption by becoming conscientious about what you and your organization accepts or buys, especially if these are items that are likely to end up in a landfill. Refusing often involves a level of inconvenience that puts people off, but this is a necessary step in caring for the beautiful environment we all live in. Refusing can look like no longer using single use plastics or stocking the work kitchen with mugs instead of buying paper cups.

Reduce - Reducing our consumption of energy and resources can be done in many ways. Training employees to unplug their workstations, only printing what is immediately required, and turning off the heat or AC when the office is empty are all examples of ways to reduce consumption.

Reuse & Repurpose - There are always items that can be used creatively. Coopt the boxes that were destined for the recycling for storage.

Regift - This is a very self explanatory.



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