

...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 #169

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COFFEE!!!



Coffee is to office workers what brains are to zombies. It is a fundamental part of many people's lives and almost necessary to function for a week of working non-stop!

So how can we enjoy our cup of good ol' joe without hurting the planet around us?

Well, here are 8 tips that are the perfect BLEND of yummy and eco-friendly!

1. Make sure all your coffee grounds are ethically sourced. Whether it be fair trade or local, make sure that you aren't skimping out on morality for a good price!
2. If not using a Keurig, guarantee that your coffee filters are bio-degradable!
3. Compost all your grounds and filters in your office compost.
4. Have mugs for everyone in the office or bring your own, get rid of one-time use cups!
5. No more sugar packets! Buy a big box of sugar and put it into sugar dispensers.
6. Stir sticks are of the past. If you need to mix your coffee use a metal spoon and wash it right after.
7. If using a coffee pod machine like a Keurig, make sure to recycle them at the office or to Kup at a time if you bought them from there.
8. When you brew a pot, make sure to brew a big one at once so you don't waste energy making multiple small pots.



Enjoy that liquid gold while it's fresh, it will mocha you very happy! Thanks a latte for reading. Stay on the grind, because life happens, coffee helps!



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