

...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 #191

March 2026

MEATLESS Monday

When trying to figure out what to pack for Monday lunch on Sunday evening, why not consider a quick and easy vegetarian lunch? Meatless Mondays is a global campaign that encourages people to try being vegetarian or vegan for just one day a week. This global initiative helps to reduce carbon emissions, reduce water consumption, and promote a healthy and well-balanced lifestyle.

Make Meatless Mondays an office-wide challenge and keep a tally of who participates the most each month with a chance to win a small prize (maybe a sustainably sourced vegan chocolate bar from Ave Maria Specialties in Prince George?). If there's an office potluck coming up, perhaps you could try out a new vegetarian or vegan recipe to bring!



Learn more about Meatless Mondays [here](#).
Calculate the impact of participating in Meatless Monday [here](#).
Try out some new recipes for Meatless Monday [here](#).



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