

Sustainability in the Workplace

Actions to take

Save Energy - Turn your computer off at the end of the night. Ensure lights are turned off when not in use. Use LED light bulbs. Use alternative energy sources whenever possible.

Reduce Consumption of Packaged Foods - Do some meal planning and bring lunch from home a few days per week using reusable containers.

Walk, Bike, Take Public Transport to Work - Reduce greenhouse emissions by taking one more car off the road. If you can't ditch the car, consider a carpool.

Reduce, Reuse, Repair - Buy fewer things, shop second-hand, and repair what you can. Consider adding another two Rs:

Refuse wasteful extras you don't need, like single-use plastic water bottles and bags

Rot by composting fruit and vegetable scraps from meals or biodegradable supplies like pencil shavings and share the load with others to manage the task of composting the bin.

Recycle - Take the extra steps to the communal recycling bins for your paper. Encourage your company to put in a recycling program if they don't have one already.

Eat Less Meat - Consider one meal a day as a veggie meal! Embrace the lunch salad some days; Start with No Meat Mondays.

Mini Whiteboards - Using Whiteboards in meetings means saving trees and setting a great example in front of others to look after the planet. Use differently coloured markers to make your notes easier to action. Buy refillable whiteboard markers. Example product: Nobo Mini Magnetic Whiteboards with Coloured Frames.

Office Climate Control - Use a programmable thermostat so that no one accidentally leaves it blasting all night. Window coverings can also help reduce energy use.