

# Green Guide for the lunch room.



## Reduce

- Refuse individually packaged coffee pouches, creamers, sugar pouches at your office coffee machine. Buy in bulk to reduce packaging.
- If you bring your own bagged lunch, take a minute to consider the waste you create every day. Baggies, plastic wrap, paper bags and a pop or juice can. Reduce this waste by packaging your lunch in reusable containers. Examples are Tupperware, cloth bags and cloth napkins.
- Start a compost pail at your coffee machine. Coffee grounds make excellent compost and orange peels and other organic wastes can be added as well. If your office has grounds, start the compost at your office and take turns maintaining it. If not, take turns taking the compost home and adding it to your backyard compost pile.
- Encourage the use of a stainless steel filter for your coffee machine. Other alternatives include a cloth reusable filter, a screen filter or at least an unbleached filter, which can be composted.

## Reuse

- Use your own ceramic or reusable coffee mug and reject polystyrene cups, which make up a huge percentage of the office waste stream.
- When buying a fast food lunch, ensure that you have your own dishware and discourage fast food packaging. Make your voice heard and patronize those establishments with green policies.

## Recycle

- Ensure that you recycle your pop and juice cans. Make a point of knowing where the appropriate bins are and ensure that you colleagues are aware of them too.
- Purchase items such as beverages in reusable containers or at least those, which can be easily recycled. Try to avoid those, which are packages in composite packaging and are not easily recycled.