

# green your lunch

green office tip of the month

Planning your weekday lunches? Hosting a luncheon? Here are a few ways to make your work lunches more eco-friendly:

## Facts & Tips

- Bring your lunch to work! This can help cut down on disposable packaging.
  - Take an extra step and make your lunch from fresh, local ingredients.
- Make a “green kit” for lunches— keep utensils, a reusable cup/bottle, and a bowl or plate at your desk.
  - This reduces waste from disposables.
  - Bring this to catered meetings as well.
- Try to go meatless at least one day a week.
  - +18% of all greenhouse gas emissions are a result of the livestock industry.
  - Limiting your meat intake is good for your health, as well.
- Providing lunch for the office? Consider the packaging and waste from your lunch choice...
  - Recycle the boxes from a catered boxed-lunch.
  - Save any unused silverware, condiments, napkins, etc... Share them with your office!



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