

# Eating “Green” at Work



“Moving Communities Toward Zero Waste”

## To reduce waste in the workplace, employees should be encouraged to:

- Pack food in reusable plastic, glass or stainless steel containers. Plastics #1, 2, 4 & 5 are generally considered safe for storing food (#3, 6 & 7 should be avoided).
  - If disposables (plates, cups, cutlery, etc.) are required, then consider using plastic (with a high post-consumer recycled content) rather than paper products.
- Scrape as much food waste off containers as possible to avoid contaminating other recyclables in your bin. Paper disposables are frequently so contaminated by food waste that they can't be recycled after use.
- Avoid using biodegradable or compostable containers for the time being. Because the composting facility in Salt Lake will not accept these containers, they must be sent to the landfill where they break down anaerobically. Anaerobic decomposition releases methane gas into the atmosphere which contributes to global warming.
- Use reusable lunch boxes or bags, not disposable paper or plastic bags.
- Pack drinks in a thermos, plastic, glass or stainless steel bottles rather than buying single serving beverages, disposable drink boxes or soda cans.
- Use stainless steel, wood or reusable plastic cutlery, and cloth napkins.
- Avoid pre-processed, individually packaged foods. They tend to be less healthy and result in a great deal of food and packaging waste.
- Avoid restaurants which use Styrofoam (to-go containers, cups, etc.) and other non-recyclable containers. Instead, encourage your favorite take out restaurant to use plastic disposables (with a high post-consumer recycled content).

## Recyclables frequently found in the waste stream:

- Plastic lids for coffee cups
- Straws & stirrers
- Yoghurt containers and other condiment containers (creamer containers)
- Ziplocs & plastic sandwich bags
- Plastic utensils
- Clamshells from “To Go” orders
- Plastic or paper grocery bags
- Paper lunch sacks

## Contaminants frequently found in the recyclables stream:

- Kleenex
- Paper towels
- Napkins
- Liquids
- Food waste
- Paper with tape or glue
- Candy wrappers
- Glass (*recycled separately*)