

GREEN INITIATIVES

BY ALYSSE ROSSNER

There's a lot to think about as our industry continues in this next phase of the ongoing Covid-19 pandemic. Our primary focus at home and in the workplace will be our safety. We'll renegotiate everyday spaces, practices, and personal routines often due to a combination of industry protocols and scientific-based guidelines. As we do this we shouldn't ignore other events such as the wildfires in the West that parallel the epidemic. These fires are indicative of the repercussions of the climate crisis. Just as we respond to evolving COVID guidelines we should continue to demonstrate green practices as we transition back into the work place or working from home. Though it could feel daunting keeping up with these practices while we monitor our health and safety it's imperative for our future.

Here are some refreshers and tips you can use at home or in the office.

HOME

RECYCLING/WASTE MANAGEMENT

- Continue best practices and utilize local resources: [GrowNYC](#), [Atlanta Public Works](#), [New Jersey Recycling Information](#)
- Learn about [recycling basics](#) for home
- Rethink how to use [common household products](#)

FOOD

- If you don't already eat plant-based, begin to pivot and try new recipes from sites such as [Minimalist Baker](#)
- Avoid getting utensils when ordering out
- Use filtered or tap water instead of bottled water

REUSABLE MASKS

- [Make your own](#) or buy from [sustainable brands](#)

SHOPPING

- [Shop local](#) as much as possible
- Explore [sustainable products](#)

IN THE OFFICE

RECYCLING/WASTE MANAGEMENT

- Observe building recycling policies
- Think twice before throwing away items: Is it trash or recycling?
- Request/order [sustainable products](#)
- Consider giving away [unused office products](#) not needed as offices open
- Discover ways to [repurpose supplies](#)

MEALS /CRAFT SERVICE

- Encourage vegetarian/vegan options for lunch
- Bring in your own utensils, snacks, and one to two reusable bottles of water

REUSABLE MASKS

- Make your own or buy from sustainable brands

SHOPPING

- Reduce shipments/consolidate by scheduling set days for online orders and stick to it. Check out this [video by Vox](#).

GOING PLANT-BASED!

Transitioning to a more plant-based diet can be challenging. Consider the environment as one motivator for making a diet change. Sustainability at [UCLA](#) makes the case for going plant-based. "If each and every person in the United States gave up meat and dairy products on one or more days of the week; ideally, all days of the week, we would save the environment from thousands of tons of carbon emissions." In a [report from the United Nations](#) released in 2019 it was found that food production, specifically livestock rearing, contributes to global warming through the methane gas the animals produce, but also via deforestation.

Exploring a plant-based diet through cooking at home is good start. "Lifestyle changes prompted by stay-at-home orders, such as cooking at home, have brought about positive changes in how people are consuming and acquiring goods," says [Darby Hoover](#). Discover different ways you can ease into a new lifestyle whether it be Meatless Mondays or cooking a new plant-based recipe once a week. Try out these recipes!

- [Veggie Burgers](#)
- [Vegan pizza](#)
- [High protein meals](#)