

REPACKAGING THE SUSTAINABILITY CONVERSATION

Quarterly ForeverGreen Newsletter | Office
January – March 2018

Bentall Kennedy's ForeverGreen commitments include energy efficiency and carbon emission reductions, waste diversion, water conservation, and healthy spaces. We have created this tenant resource to provide monthly information and inspiration for a cleaner, greener and healthier place to work. Here you will find some tips and employee engagement ideas related to each monthly topic.



JANUARY: FOOD FOR THOUGHT IN 2018

Did you know that eating unhealthily is linked to a 66% increased risk of productivity loss?

- **MANAGE WHAT YOU MEASURE:** Track the food you eat and your physical activity with [My Plate](#) tools or mobile apps like [FitnessPal](#) and get tips/support for making healthy choices and planning ahead. Need to up your vegetable intake? Download [VegEze](#), a mobile app that suggests easy and fun ways to get in the healthy habit of eating more veggies.
 - **CARRY A REUSABLE WATER BOTTLE:** Always keep water nearby. Staying hydrated helps you fight fatigue and stay alert.
 - **HOST A HEALTHY RECIPE CONTEST AMONG EMPLOYEES:** Participants submit a favorite healthy recipe to activity coordinators, who judge each recipe based on nutritional value, inventiveness and taste. Following the contest, coordinators compile and distribute a cookbook from participants' recipes. See [Health at Work's Healthy Recipe Contest Kit](#) for more details.
 - **SPONSOR A HEALTHY EATING CHALLENGE FOR EMPLOYEES:** Once completed, employees are entered into a raffle and can win relevant prizes (for e.g. weeks' worth of healthy groceries, gift card to healthy restaurant/local lunch spot, gift card to [Blue Apron](#) or other meal delivery service, etc.).
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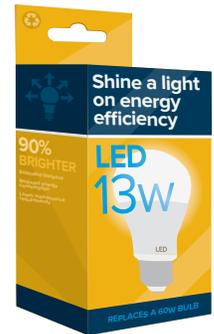
FEBRUARY: REDUCING ENERGY IS SWEET!

Did you know that plug loads, lighting, and HVAC in tenant spaces often account for 50% or more of a building's total energy use? This presents immense opportunities for energy cost reductions and savings.

- **LET THE AIR FLOW:** Ensure all air vents are unobstructed by office materials or equipment. Blocked ventilation openings put an unnecessary strain on the HVAC equipment and can lead to an uncomfortable work environment.
- **ADJUST THE POWER SETTINGS ON YOUR COMPUTER:** Putting your computers to sleep when they're not active can save up to \$50 per computer every year. Don't use screen savers, instead, set your computer to go to sleep after 15 minutes (or less) of inactivity, dim the brightness control, and turn it off when you've finished using it. See [Managing Your Office Plug Load Best Practice](#) for more details.
- **SHARE THE ENERGY (DATA) LOVE:** If your space does not have sub-meters, consider installing them so you can learn how much energy your lighting, computers, and other equipment is using, and measure improvements and identify opportunities for savings. Be sure to reach out to your Property Manager for more info.

MARCH: SHINE A LIGHT ON ENERGY EFFICIENCY

Did you know circadian lighting is a lighting system designed to tap into the proven cycles our bodies follow each day, based on the position, angle, and color of natural sunlight at any given time?



- **HOST A LIGHTS OUT CAMPAIGN:**
 - Launch a campaign to remind co-workers to turn off unnecessary lighting throughout the workplace.
 - Create signs and stickers and place them in lunch rooms, meeting rooms and other high traffic areas around the workplace.
 - Set up a collection jar that employees will have to contribute to if they forget to turn off the lights.
 - Run the campaign for 2-3 weeks. At the end of the campaign the money collected can be donated to a charity of your company's choosing or be used to purchase a treat for the office.
- **PROMOTE EMPLOYEE AWARENESS OF CIRCADIAN HEALTH AND ITS RELATIONSHIP TO LIGHTING:**
 - Provide adjustable direct task lighting to employees to allow user customization and good visual acuity (e.g. host an employee "giveaway event" for LED task lights).
 - Encourage reliance on natural light through adjustable or automated shading and dimming. See [Basic Facts on Circadian Health](#) for information to share.

LIGHTING UPGRADES:

- Install lighting controls which can reduce costs by 30-50%
- Upgrade to **ENERGY STAR** qualified LED or T5 lighting
- Swap out lights for **bulbs/fixtures that promote circadian health**
- Check out a list of financial incentives for energy efficiency upgrades:
 - Canada: [NRCAN Financial incentives by province](#)
 - US: [DSIRE Database](#)

PARTICIPATE IN EARTH HOUR:

See [Earth Hour's resources for Corporates](#) to host an event on **Saturday, March 24th 2018**. Host a Friday afternoon documentary viewing to promote climate change awareness. For example, National Geographic's *Years of Living Dangerously* series or *Before the Flood*.



For the 7th year in a row, Bentall Kennedy has earned the ENERGY STAR Partner of the Year – Sustained Excellence Award for its continued leadership in energy management and long-standing commitment to energy efficiency practices.

FOR MORE INFORMATION CONTACT YOUR PROPERTY MANAGER

 [@bentallkennedy](#)

