

# REPACKAGING THE SUSTAINABILITY CONVERSATION

QUARTERLY FOREVERGREEN TENANT NEWSLETTER



**Issue:**  
April – June 2018



**Property:**  
Office

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.

## THERE IS NO PLANET B



### Did you know that Earth Day is on April 22, 2018?

Celebrate Earth Day by exploring the outdoors and connecting with nature. The 2018 Earth Day theme is plastic pollution.

Did you know that by 2050, there will be more plastic than fish in the world's oceans (by weight)!

#### LIVEN UP YOUR ENVIRONMENT:

Organize an indoor plant sale in partnership with a local farm or greenhouse for employees to purchase indoor plants for their offices or cubicles. See a list of good indoor plants [here](#). Consider donating profits from the plant sale to a local environmental organization.

#### HOST A VOLUNTEER DAY TO GIVE BACK:

You can volunteer at a local organic farm, organize a park cleaning day in partnership with local conservation organization or organize a tree planting activity.

#### MAKE A PLEDGE TO REDUCE SINGLE USE PLASTICS:

- Use reusable containers and coffee mugs
- Use steel or bamboo straws
- Pack reusable tote bags into purses, desk drawers and the car, so there will always be one handy for shopping

#### ORGANIZE A VIDEO SCREENING:

Raise awareness about plastic pollution by screening videos like [How to live a plastic free life](#), [Why I live a zero waste life?](#), [Plastic Ocean](#) or [One plastic straw at a time](#). At the event, ask employees to make a pledge to at least one plastic free action.

# WALKING A MILE WILL MAKE YOU SMILE



**Did you know that going for walks can have a positive effect on stress reduction and mental health?**

Walking just one mile (1.6 km) in 20 minutes can burn at least 100 calories.

## START A WALKING WEDNESDAY'S GROUP:

To keep people interested, think of a theme for your route for example: architecture, food, or secret paths.



**Follow the guide:** organize a guided tour, perhaps by a local historian or artist to take your employees around the local area. It's a great way to become a tourist in your own city.



**Get snappy:** organize a photography-themed walk. Capturing memorable images always makes walking interesting.

## TAKE IT A STEP FURTHER AND ORGANIZE A MONTHLY WALKING CHALLENGE:

- Track your activity with [Map My Walk](#), one of the most downloaded walking apps available, to keep a record of the distance you've walked, the speed, elevation, calories burnt and the route traveled.
- Gather results (miles/km walked) for participating co-workers on a weekly basis.
- At the end of the month, reward employees who achieved the largest distance or most improvement.
- For prizes, consider a Swell water bottle or gift card for a sports store.

## KEEP A CALM AND CLEAR MIND:

Promote a week of stress buster activities, events or exercises that your colleagues can do at their desk or with others. Share [10 stress buster tips](#) in your workplace, on building emotional strength, taking control of your situation and connecting with others.

# 2 WHEELS ARE BETTER THAN 4. FOR YOU, AND THE PLANET.



**Did you know that switching from driving to an active commute option just one day a week will save 0.25 tonnes of carbon emissions annually?**

This is equivalent to the amount of carbon sequestered by 7 trees for 10 years. Steady cycling also helps you burn about 300 calories per hour.

## KNOW YOUR IMPACT:

Use this [Bike Benefits Calculator](#) to measure the health and environmental benefits that can be gained by trading four wheels for two. You can calculate the benefits just for yourself or survey your office and report on the collective benefits.

## CREATE A BIKE CLUB:

For employees to take group bike rides at lunchtime or after work.

## PARTICIPATE IN THE 2018 NATIONAL BIKE MONTH:

Riders can track their miles and compete for monthly prizes.

- **Canada:** May 28 – June 30. Learn more [here](#).
- **US:** June 1 – June 30. Learn more [here](#).

## ARE YOU JUST STARTING OUT?

Make sure to map your route in advance and wear appropriate gear. Check out [these 15 tips](#) for first time bike commuters to get started.