

August 2019

We are working with our tenants to achieve a cleaner, greener and healthier space to live, work and play. Through our sustainability tenant engagement program, we further our commitment by providing you, our tenants, with monthly tips to support your sustainability efforts.

A: EATING MORE OF THESE REDUCES YOUR CARBON AND WATER FOOTPRINT.

Q: WHAT ARE PLANTS?



 [watch the video](#)

Healthy Food Options

Eating out is a popular social activity. Consider following [these](#) 10 tips for eating out to help maintain your social life without compromising your health.

Having a balanced diet of grains, proteins, and fruit and vegetables can help ensure your body is getting all the vitamins and minerals it needs to remain healthy and functioning.

Meatless Mondays

Try Meatless Mondays. Our current meat-based diet is responsible for [1/5th](#) of global emissions. Soy or other plant-based alternatives can help reduce your emission contribution while still satisfying cravings.