

UF College of Dentistry Green Team

Green Tips of the Month



August 2008

A Slimmer Lunch (Environmentally Speaking)

Instead of buying your lunch (and creating paper or Styrofoam waste), why not give last night's leftovers a new life? And while you're at it, pack them up in reusable containers (plastics #1, 2, 4 and 5 are safe for food storage) and invest in a snazzy thermal bag or bento box instead of using disposable plastic or paper bags.

Not only will you save money (eating out can cost more than twice as much as cloth-bagging it), but home-prepared meals are generally healthier than what restaurants serve.

(Adapted from idealbite.com's "Top 10 Easiest Ways to Green Your Office")