

challenge: **#ZeroWasteOffice**

level: **SMARTER**



Zero Waste Solutions in the office may sound like a difficult path to take, but we will make it easier for you. To start with, we propose a set of tasks as part of the Zero Waste Office Challenge.

How to take part in the challenge? Choose the level at which you want to begin: starter, smarter or super and... go for it!

Task descriptions at the SMARTER level can be found below.

To join the challenge and get supporting materials, just send an e-mail to: [wyzwanie@biurozerowaste.pl](mailto:wyzwanie@biurozerowaste.pl), entering the word: SMARTER in the e-mail topic

**#ZeroWasteOffice**  
**#Interseroh**

# 1 KITCHEN



## WHY IS IT ZERO WASTE?

**REFUSE** – you learn to restrain cravings, you do not buy food in excess.

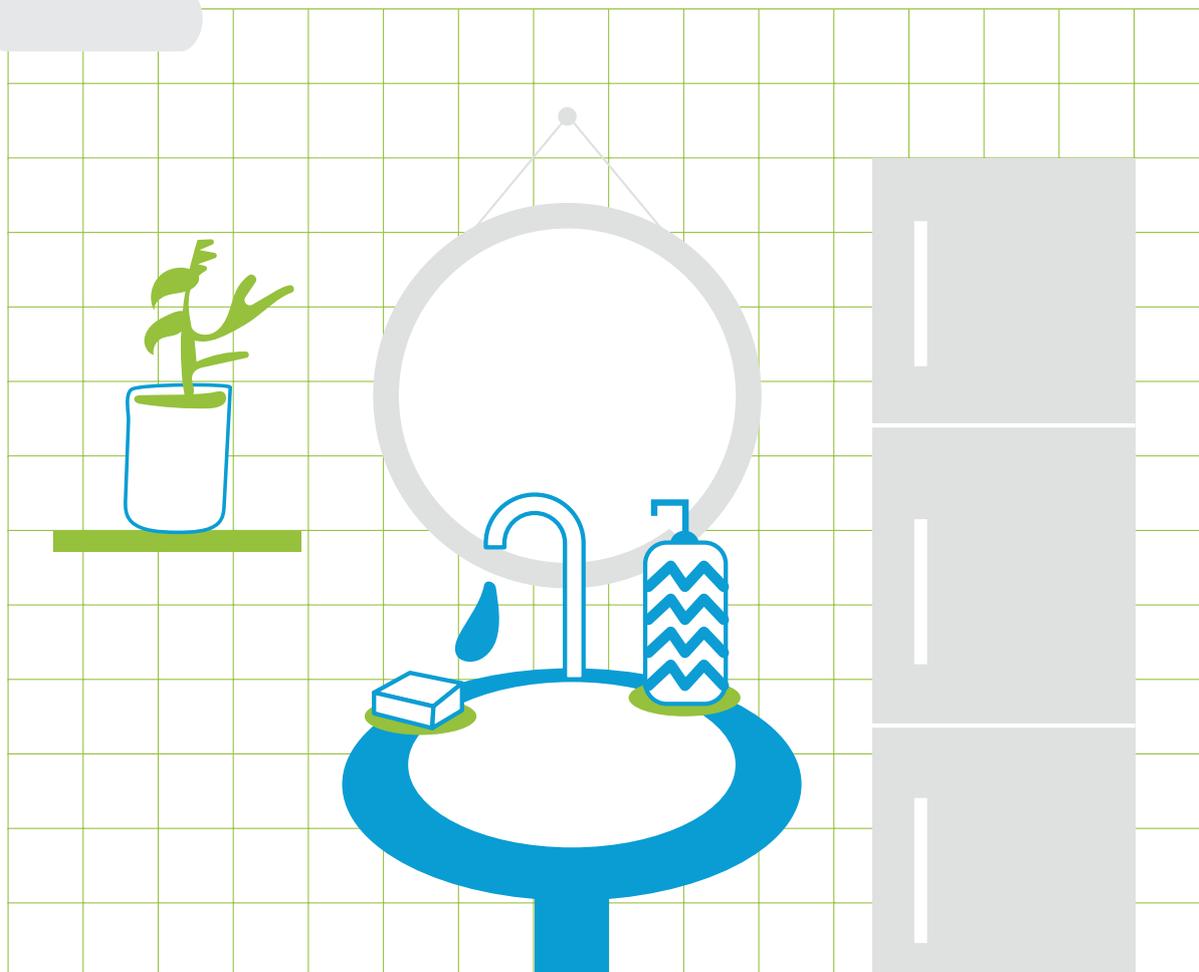
**REDUCE** – you reduce the amount of packaging waste and minimize food wastage.

### Shared refrigerators... we could write about how much food is wasted in them, but you probably know it yourself!

There is no golden method for a shared fridge to only contain fresh food. We recommend, however, testing these solutions to prevent food wastage:

- a. Signing your containers – place sticky notes and a marker on the fridge door so that you can make a signature on the spot.
- b. Set a food sharing shelf – placing a snack there helps avoiding doubt whether the dish can be eaten.
- c. Determine the day on which you are doing a refrigerator review – food which expiration date falls on that day or the next should be eaten (lunch together?) or given to those who will not let food waste by taking it home or to a food sharing point.
- d. In case an unpleasant situation occurs that some food must be thrown away, write down the value of every such piece. The list of thrown food placed on the fridge along with prices and sum works on the imagination!

# 2 BATHROOM



## WHY IS IT ZERO WASTE?

**REDUCE** – you limit the amount of packaging waste and resources used to produce packaging or during processing packaging waste.

**If you use liquid soap, reach for large supplementary packaging.** This way you will minimize the amount of discarded packaging. And if you want to go a step further, switch to soap bars – you can buy them without packaging or packed only in the cardboard box.

# 3 WORKPLACE



## WHY IS IT ZERO WASTE?

**REDUCE** – you limit the risk of illness, create a friendly workplace.

**REUSE** – in the role of plant pots you can use glass jars, cans, cardboard boxes from other goods.

**The smog in cities, the tightly closed air-conditioned rooms - all of this can affect our health.**

That's why it's good to put plants in workplaces. The purifying air works well. According to a study performed by NASA, the largest number of toxic compounds is eliminated by the presence of plants such as *Spathiphyllum*, ivy (*Hedera helix*), palm (*Chamaedorea seifrizii*), *Sansevieria trifasciata* 'Laurentii' and *Dracaena marginata*. For a balanced work, the color of plants is also important - juicy, natural green provides the rest to your eyes tired by looking at the screen.

# 4 WASTE SORTING



## WHY IS IT ZERO WASTE?

**REDUCE** – you reduce the risk of wasting raw materials.

**RECYCLE** – you optimize the chance for waste recycling – clean waste stream is more valuable.

**If you are not doing this yet, start sorting office waste.** Even if it is not legally required, you can still collect some types of waste separately to better process them, e.g. aluminum cans – you can order a special container as part of the Every Can Counts campaign. You need to take care of the collected cans yourself; luckily aluminum is a very valuable raw material, so there is a good chance that you will find someone willing to pick up your cans.

# 5 CONFERENCES / MEETINGS



## WHY IS IT ZERO WASTE?

**REDUCE** – you limit the use of resources.

**RECYCLE** – items made of recyclable materials are easier to process.

Another plastic pen, another nylon leash – do not add to the stream of disposable gadgets. **Instead, offer your customers and business partners eco-friendly gifts:** wooden pencils, fountain pens, recycled paper notebooks sewn with string, linen bags, seeds and plants, wooden boxes. Also apply the principle: “take it only if you need it” – eg: at conferences and meetings do not prepare ready-made packs with materials, do not assign each package to a participant but create the opportunity to freely choose what people need and really want to take home.

SMARTER

# RETHINK!

Waste segregation can be a challenge - the more workers, the more waste and the more errors in the segregation process. In addition, waste thrown into the trash can take up a lot of space, forcing you to frequently empty the trash. There is a way: BIN-e. It's a smart, self-learning waste bin. The device facilitates the life of employees, by automatically sorting waste into selected groups. BIN-e has as many as four internal chambers, two of which can additionally compress waste. Thanks to this, it is easier to use recyclable materials efficiently. The device can be treated like a modern office furniture, adjusting its appearance to the interior design of the office.

## SUPPORT from Interseroh

If you need support in completing the #ZeroWasteOffice challenge - let us know. Based on our experience and knowledge, we carry out audits, trainings and workshops related to conducting sustainable business, environmental responsibilities of entrepreneurs and SDGs.

Catch us at [wyzwanie@biurozerowaste.pl](mailto:wyzwanie@biurozerowaste.pl)

