



One Simple Act for work

Paper Reduction Challenge

We are going on a paper diet on **(Insert Dates)**.

According to Environment Canada, paper and paper products account for more than one-third of all of Canada's waste. Canadians are among the world's largest consumers of paper products, and they use six million tonnes of paper and paperboard annually. Only one-quarter of this is recycled.

Some **ACT**ions to reduce paper use:

- ✓ ***Reuse one sided paper as scrap or packing material***
- ✓ ***Print double sided***
- ✓ ***Eliminate junk mail***
- ✓ ***Think before you print by not printing extra copies or extraneous pages***
- ✓ ***Add a "think before you print" note to your email***
- ✓ ***Distribute memos via email or on a bulletin board***



Did You Know?

- Printing on both sides of the paper will reduce your greenhouse gas emissions by 5.5 pounds for every pound of paper used.
- Recycling 1 tonne of waste paper can save up to 20 mature trees, enough electricity to power a 3 bedroom house for 1 year, 30 000 litres of water, and 8 cubic feet of landfill space.

