

reTHINK WASTE

reALIZE rePURPOSE reSPOND

REDUCING OCEANS PLASTICS

ADIDAS PARLEY SHOES

REALIZE: Accumulating plastic waste in our waterways has become both a local and global issue, with Ontarians contributing to large amounts of plastic waste entering our waterways and ultimately our oceans.

REPURPOSE: Innovative companies are exploring solutions that salvage and re-purpose ocean plastic waste. Adidas has partnered with Parley for Oceans to develop a new line of footwear and activewear developed almost entirely from upcycled waste reclaimed from beaches and coastal communities.

RESPOND:

Do your part by making these steps part of your daily routine

1. Bring a reusable mug or water bottle. It's been said before, but simple steps include keeping a tumbler or reusable bottle readily available for those frequent morning and afternoon coffee runs.
2. Ditch the straw. If you are in a situation where a single-use container is unavoidable, forego the straw, skip the bag, and find other ways to reduce the amount of plastic waste that is generated.
3. Be a waste warrior in your workplace. Be a force for change in your office by encouraging and educating your coworkers on proper recycling at the property (our QuadReal property team can help with this!).



DID YOU KNOW? Studies have found more than six million bits of plastic per square kilometre in the Great Lakes, with the highest concentrations in Lake Erie and Lake Ontario. That's similar to levels found in the Great Pacific Garbage Patch.

SUSTAINABLE SOURCING

THE BODY SHOP



DID YOU KNOW? Based on a recent study, Toronto has one of the worst national contamination rates in our residential recycling program. Approximately 26% of recycling in this city is ultimately treated as garbage because it contains too many non-recyclable materials and organics like food waste, liquids, and cosmetic product residuals.

REALIZE: Although the Canadian Government has taken steps to ban the manufacturing and importation of products containing microbeads, microbeads still persist globally in many shower gels, facecleansers and similar products. These particles are too small to be caught by municipal sewage treatment systems and enter our lakes and oceans where they can remain for more than 50 years.

REPURPOSE: Large brands with significant buying power – like The Body Shop – are taking on a proactive role in supply chain leadership in order to reduce the footprint associated with developing new products – including those we use on a daily basis. The Body Shop has a target to ensure that 100% of their natural ingredients are traceable and sustainably sourced, and are they are actively working to incorporate biodegradability into their products.

RESPOND:

Do your part by making these steps part of your daily routine

1. Be a conscientious shopper. Take some time to research what goes into the products we use. Where items cannot be recycled, prioritize 'land-fill-friendly' biodegradable options that will break-down quicker after being disposed of and avoid products containing microbeads.
2. Rinse your containers whenever possible. Whether it's cosmetic products or food packaging, lingering material in otherwise-recyclable containers can result in contamination of an entire batch of recycling, resulting in it being sent to landfill instead of a recycling facility.

LEVERAGING UPCYCLING

GREEN TOYS

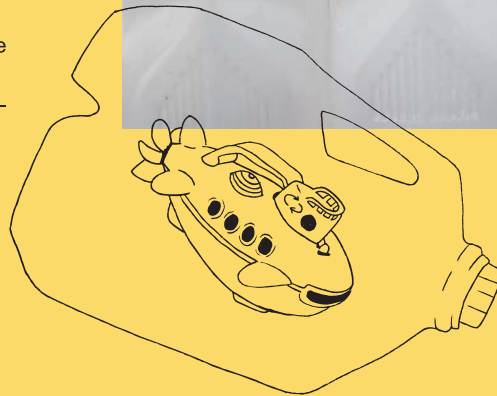
REALIZE: Single-use plastics have become particularly problematic due to large scale production and how quickly they go from use to disposal. An item that may be used for less than 10 minutes will sit in our landfills and oceans for centuries beyond that.

REPURPOSE: A unique, waste-conscious toy manufacturer – Green Toys – makes a number of safe, non-toxic children's toys using entirely recycled materials. These toys use 100% post-consumer recyclables – primarily recycled milk jugs. Packaging for these products is also made from 100% recyclable cardboard materials and is printed with biodegradable, renewable soy ink. These toys are carried by major Canadian retailers such as Chapters/Indigo.

RESPOND:

Do your part by seeking out and participating in some of these initiatives:

1. Donate used toys to find them a second home. Many options exist to give gently used toys a new home – especially around the holiday season. QuadReal supports major toy drive initiatives in the city including the Toronto Fire Fighters' Toy Drive and the CHUM Christmas Wish toy drive through which you can donate items to a child in need.
2. Be a conscious shopper. When buying new items like children's toys, do your research and be mindful of options that utilize recycled plastic materials – especially those that avoid the use of more toxic materials. Prioritize the health of your children and the planet.



DID YOU KNOW? *Ninety per cent of toys are made from some form of plastic, most of which is difficult to recycle. (CBC/Radio-Canada)*



DID YOU KNOW? Ontario generates more than 500,000 tonnes of residential textile waste annually

OVERCOMING TEXTILE WASTE

RENT FROCK REPEAT

REALIZE: North Americans send 9.5 million tonnes of clothing to landfill every year, 95% of which could be reused or recycled (Source: Waste Reduction Week Canada). This trend has been further accentuated by the emergence of the 'fast fashion' phenomenon, leading to a doubling in production over the same period (Source: Ellen Macarthur Foundation).

REPURPOSE: Rent frock Repeat provides a more sustainable – and cost effective – option that helps reduce the environmental impact of the clothing industry. Based out of Toronto, the company offers women the opportunity to rent designer dresses and accessories for all occasions at a fraction of the cost of buying. Maintaining a wardrobe to satisfy every special event can be costly and wasteful – especially when you are purchasing items that you will only wear once. By renting these garments, you will not only still look your best but you will also minimize the impact that your closet has on the environment.

RESPOND:

TAKE ACTION! Do your part by considering these alternatives for your used clothing

1. Rent instead of buying. For clothing items, you may only wear once or twice a year, why not consider renting rather than having it sit in your closet?
2. Avoid 'fast fashion'. If you can afford it, investing in higher quality clothing, intended to last longer – ideally from brands conscious of supply chain and labour issues – will decrease a reliance on throw-away, low quality fashion items contributing to textile accumulation in landfills.

REEVALUATING HOUSEHOLD WASTE

SEVENTH GENERATION PAPER PRODUCTS

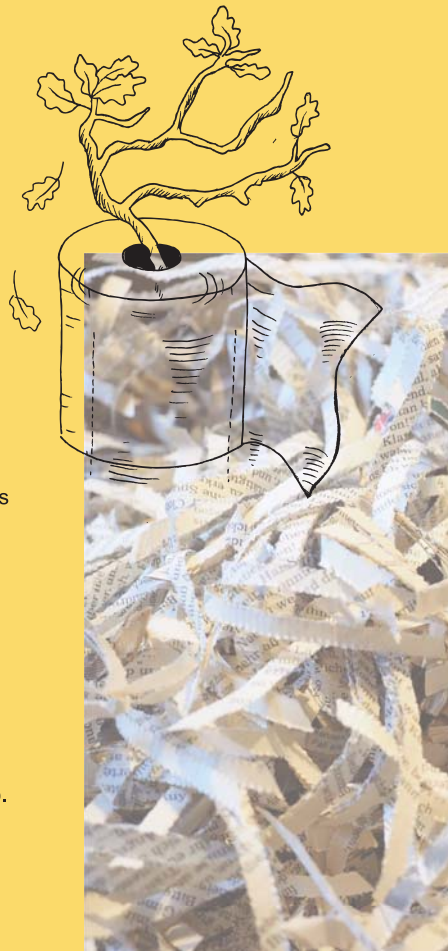
REALIZE: The average person uses nearly 21,000 sheets of toilet paper a year - roughly the length of 23 football fields (Source: Consumer Reports). Unfortunately, some tissue and paper towel products still come from virgin material and old growth forests.

REPURPOSE: Materials like facial tissues, paper towel and toilet paper made from post-consumer materials help encourage a market for recycled materials. Options for these types of post-consumer paper products are readily available in most grocery stores (just check the label first). Brands like Seventh Generation are going a step further by prioritizing household tissue and paper products that contain up to 100% post-consumer materials.

RESPOND:

TAKE ACTION! Do your part by considering these initiatives:

1. Switch to products with higher post-consumer content. Consumers can now easily find various brands of recycled-content toilet paper, facial tissues, paper towels and napkins. Help close the loop!
2. Seek out bleach-free products. Consider using products not bleached with chlorine, a potent pollutant.
3. Skip the paper when possible. Instead of using paper towels for home cleaning, consider micro-fibre clothes which can be washed and reused, again and again.



DID YOU KNOW? If every home in the United States replaced one roll of virgin fiber toilet paper (500 sheets) with 100% recycled toilet paper, 423,000 trees would be saved (Source: National Resource Defence Council)



REWORKING FAST FASHION

CONSIGN TORONTO



REALIZE: Fashion is a dynamic industry that employs hundreds of millions of people globally, generates significant revenues, and touches almost everyone around the world. With that scale comes consequence. Globally, textile dyeing is the second largest polluter of clean water. (The Independent, 2018)

REPURPOSE: The growth of resale has been one of the biggest shifts in retail in recent years, and that shift shows no signs of slowing down. The biggest cause of this movement is the change in public perception. Consignment stores are changing the way we view 'used' clothing, offering beautiful, quality pieces for a fraction of the price. With the 'one in, one out' rule being standard for many peoples' closets, consignment stores allow you to make some money back while purchasing a new piece to adorn at your next office party.

RESPOND:

TAKE ACTION! Do your part by considering these alternatives with your new and used clothing:

1. Donate your clothes. This Waste Reduction Week (October 15 to 19, 2018), all QuadReal Properties are participating in the Recycling Collection Drive by Partners in Project Green so feel free to bring in your textiles for donation. Throughout the year, it's encouraged you donate your old clothing to those in need.
2. Find new uses at home. Have old, worn t-shirts that aren't fit for donation? Repurpose them as shop rags or cleaning clothes.
3. Check out consignment stores. Old doesn't have to mean unfashionable. Look to Toronto's many consignment shops for new additions to your wardrobe and help reduce the impact of new garment production.

DID YOU KNOW? *The production of new garmets uses 1/3 of the world's fresh water resources. (Source: Waste Reduction Week Canada)*

CUTTING SINGLE USE PLASTICS

BACADO EDIBLE UTENSILS + FLUF REUSABLE LUNCH BAGS

REALIZE: Our lunches include a whole lot of waste. Plastic utensils were found to be the sixth most common waste material identified by the Ocean Conservancy entering marine ecosystems. For example, plastic bags were ranked as the fourth most common item in our oceans. It's estimated about three billion plastic bags are used in Canada each year. Each bag may be used for as little as 20 minutes but can take hundreds of years to break down.

REPURPOSE: Bacado – a small US-based company - creates spoons made only of wheat, flour, Kosher salt and butter, in a variety of flavours. These edible utensils present a unique alternative that does away with the plastic waste component, especially where reusable options may not be available. Reusable lunch bags and pails have been a long-standing alternative to single use paper and plastic bag lunches. Products from manufacturers like Fluf take this concept a step further by prioritizing non-plastic, stainless steel materials in their durable, reusable, and toxin-free lunch containers.

RESPOND:

TAKE ACTION! Do your part by making these steps part of your daily routine

1. Bring your own dishes and cutlery to work. Even if you're grabbing takeout or bringing food back to the office, refusing single-use options and bringing your own cutlery can cut down on the demand for these plastic items. Many compact, convenient travel utensil sets exist.
2. Clean-up events. The Great Canadian Shoreline Clean-up is a partnered initiative between Ocean Wise and the World Wildlife Fund (WWF), which coordinates shoreline clean-up initiatives nation-wide. You can sign up individually or as a team to participate in organized clean-ups right here in Toronto.



DID YOU KNOW? Bill M-151 was introduced earlier this year in the House of Commons and calls for a national strategy to reduce plastic products such as bags, bottles and straws from entering our waterways.



REDISTRIBUTING USED GOODS

FURNITURE BANK

REALIZE: Since most pieces of furniture are made of wood, metal and plastic and have long lifespans, these products are great candidates for repurposing. In fact, since the more materials that make up a product, the harder it is to recycle, repurposing furniture is a great way to help minimize waste. Furthermore, some materials in furniture are considered scarce resources and even hazardous if not disposed of properly.

REPURPOSE: Furniture Bank is a charity and social enterprise that collects gently used furniture from the community and transfers it to families transitioning out of homelessness or displacement. Where items of furniture collected are not in a good enough condition for donation, the company salvages the raw materials through recycling programs. Through the creation of a furniture workshop, Furniture Bank also provides repair and upholstery services to both individuals and businesses across the GTA while teaching youth a valuable trade through their partnership with the Leg Up employment program.

Learn more by visiting www.furniturebank.org.

RESPOND:

Do your part by considering these initiatives:

1. Donate instead of dispose. Give your unwanted furniture a second life! Seek out alternatives to upcycle or donate old furniture you're planning to get rid of and consider refurbished and recycled furniture options before looking to new products.
2. Take it back. Major retailers like IKEA currently offer mattress recycling programs for their customers and are looking to expand other furniture recycling programs in Canada. Being mindful of these furniture supplier programs can help keep end-of-life materials out of landfill.
3. Buy refurbished. When looking for new pieces of furniture, you don't necessarily have to buy new. Buying used or vintage pieces not only repurposes existing furniture but also provides unique accent pieces for your home.

DID YOU KNOW?

In November 2017, Commerce Court's Property Services Team took up the challenge to find a sustainable solution for usable office furniture from 12 floors that was being discarded. In total, 98 Tonnes of materials were diverted from landfill (95.1% diverted for reuse and 3.7% recycled) and almost \$20,000 of in-kind donations were made to support community organizations.

ANOTHER R WORD: REPAIR

REPAIR CAFE

REALIZE: Rapid advancements in technology have resulted in products becoming obsolete and subsequently discarded at an alarming rate. In 2016, the total amount of electronic waste worldwide reached 44.7 million tonnes. That's the weight of almost 9 Great Pyramids of Giza, 4,500 Eiffel Towers, or 1.23 million fully loaded 18-wheelers that could form a line from New York to Bangkok and back (Source: United Nations University Global E-Waste Monitor 2017).

REPURPOSE: Repair Café Toronto is a volunteer group that organizes events to help Torontonians learn how to repair various products. Participants can bring small appliances, books, electronics, clothes, jewellery and more, and Repair Café will show them how to fix it. Repair Café's mission is to help Torontonians reclaim their items, by teaching the art of 'fixing things' and changing the equation from 'buy, break, dispose' to 'buy, break, repair'.

RESPOND:

Do your part by considering these initiatives:

1. Give your home electronics new life. Do you have any items at home that are perfectly usable, with the exception of a broken lever or button? Organizations like Repair Café can accept your home electronics and help give them new life.
2. Recycle E-waste at home. Various municipal and commercial programs exist for the collection of electronic waste materials. Check the City of Toronto website for drop-off locations or visit your nearest Best Buy or Staples store to return used electronics.
3. Recycle E-waste at work. All of our downtown QuadReal properties offer e-waste collection as part of our comprehensive waste and recycling program.



LEARN MORE AT

<http://repaircafetoronto.ca/>



RETHINKING OFFICE SUPPLY WASTE

EVERLAST REUSABLE NOTEBOOK + PILOT RECYCLED BOTTLE PEN

REALIZE: The increased use of computers and electronic devices over the last two decades has had an impact on how paper is used in the workplace. Though the amount of paper used in workplaces has decreased, paper products still make up approximately one third of all waste generated by Canadians.

REPURPOSE: The Everlast Notebook allows users to write, copy, erase and reuse pages. This option provides traditional note-takers with a note-taking alternative that produces far less paper waste without having to use a computer. B2P Pens are made from 89% post-consumer recycled plastic bottles, finding a new purpose for otherwise single-use plastics.

RESPOND: In 2017, Commerce Court diverted nearly 1,300 metric tonnes (MT) of paper and cardboard material from landfill, a majority of which (1,000,000 kilograms) came from confidential shredded paper collection. That's the equivalent of saving 23,920 mature trees from being cut down.

DID YOU KNOW? *Although clean paper is often recyclable, only 1/4 of Canada's waste paper and paperboard is actually recycled. (Source: Environment and Climate Change Canada)*

TAKE ACTION! *Do your part by making these steps part of your daily routine*

1. Reuse paper for note-taking. Repurpose the backside of unused, non-confidential paper for note taking. Try keeping a small stack of scrap paper at your desk for quick phone notes.
2. Watch for smaller paper products. Smaller items like post-it notes are often too small to be properly sorted at major recycling facilities. Stick post-its to a larger piece of office paper already destined for the blue bin.
3. Implement shredding policies and services. Shredded paper, especially when removed by a third-party service, is typically a highly recyclable product. Encouraging your workplace to implement a shred-all policy will help better capture paper products in recycling programs – even smaller paper items that can be difficult to recycle through conventional means.

reTHINK WASTE

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TEST YOUR KNOWLEDGE

1. Reducing Oceans Plastics

The plastic waste concentration in the Great Lakes is _____ the levels found in the Great Pacific Garbage Patch.

- a) less than
- b) more than
- c) equivalent to

2. Sustainable Sourcing

What percentage of Toronto's recycling is contaminated and treated as garbage?

- a) 26%
- b) 32%
- c) 10%
- d) 40%

3. Rethinking Office Supply Waste

Paper products still make up approximately _____ of all waste generated by Canadians!

- a) 1/4
- b) 1/3
- c) 1/2
- d) more than 1/2

4. Cutting Single-Use Plastics

How many plastic bags are used in Canada each year?

- a) 3,000
- b) 30,000
- c) 3,000,000
- d) 3,000,000,000

5. Reworking Fast Fashion

_____ is / are the second largest polluter(s) of clean water globally.

- a) Oil spills
- b) Radioactive waste
- c) Textile dyeing
- d) Pesticide use

Responses:

1. c); 2 a); 3 b); 4 d); 5 c)