Green Tips

By Shannon Eccles, MD, FAAP

Try to cut down on single-use and disposable items in the office: keep silverware and a reusable water bottle or coffee mug in the break room, or bring them with your lunch!

Do you have a water cooler in the waiting room? Instead of stocking Styrofoam or plastic cups, which will take centuries to break down, provide paper cups - even better if they are made of recycled paper!