



Our Journey to a Greener Practice

By Erin D'Elia

It's not news that an eco-conscious, green wave is sweeping our nation. With an impending ban on all single use plastics by 2021, one must wonder: in an industry built on plastics, what can we do around our practice to reduce our waste, plastic and other?

Here are some steps we've taken in our office to reduce our impact on our planet:



Most paper gets printed on front and back; invoices, orders, lab sheets. Anything that can't be reprinted gets broken down for notepads and scrap paper. Anything at end of life is shredded and recycled.



Cases of water in our break room have been replaced with a refillable pitcher and reusable cups. Dishes and cutlery are also available to those who wish to use them, instead of using paper or plastic.



Shipping boxes and frame bags are reused until no longer suitable. They are then recycled appropriately.



Unsellable and non-warranty frames are broken down for parts, which are then used for repairs and salvaging jobs for charity.



We are currently in the process of changing our fluorescent bulbs to LED. They last longer and consume less energy.



Hand sanitizers and cleaners are bought in bulk to refill current bottles.

With regard to used and demo lenses, Costa has partnered with Piedmont Plastics to reprocess these lenses into other plastic materials. Suppliers can ship their lenses to Piedmont, keeping them out of landfills and waterways. I reached out to Piedmont's facility in Toronto to see if they have a similar program, but there is nothing comparable in place at this time. The addresses for the participating plants in the States are below.

2175 Mason Ave.
Daytona Beach, FL
32117 USA

17000 Valley View Ave.
La Mirada, CA
90638 USA

Though our industry isn't likely to ever be zero-waste, there is always room for improvement. The little things will add up, and we will keep looking for ways to reduce, reuse, and recycle within our practice, and at home. We hope you will too!