

INDOOR PLANT GUIDE

THIS GUIDE SUPPORTS PARTICIPATING DEPARTMENTS IN ACHIEVING POINTS IN THE GROUNDS AND SPACES CATEGORY ON THE GREEN OFFICE SCORECARD.

Research has demonstrated numerous benefits from indoor plants on the well-being and productivity of employees. Indoor plants have been linked with stress reduction, boosted moods, decreased sickness and absence rates, and in some cases cleaner indoor air quality. They have also been associated with increased productivity, creativity, attention span, and employee recruitment.

GETTING STARTED

Here are a few things to keep in mind when considering indoor plants for your office:

- Who will help to care for the plants?
- Are there any allergies in the office?
- Where will your plants be located?
 - Light conditions
 - Temperature/humidity conditions
 - Accessibility considerations

RECOMMENDED PLANTS LIST

Here is a list of frequently recommended plants that are relatively low-maintenance and suited to low-light environments:

1. ZZ plant
2. Snake plant
3. Devil's ivy
4. Philodendron
5. Spider plant
6. Dracaena
7. Ferns (Bird's Nest, Boston)
8. Chinese evergreen
9. Peace lily
10. Cacti

Sources and Further Reading:

1. HGTV (2016). [20 indoor plants for low light](#).
2. Office of Research, University of Waterloo (2018).
3. Thomsen, J.D., Sønderstrup-Andersen, H.K.H., & Müller, R. (2011). People-plant relationships in an office workplace: Perceived benefits for the workplace and employees. *American Society for Horticultural Science*, 46(5), 744-752.