Don’t Let Your Food Go to Waste

The average family in King County throws away nine pounds of food every week - that’s 470 pounds a year! To avoid sending this material to our last remaining landfill, speeding up its eventual closure and increasing costs for everyone, add the material to the green cart instead.

When you recycle food scraps and food-soiled paper, they are turned into nutrient-rich compost for local gardens and parks. Here are some tips to help you get started:

Make it convenient!

Food scrap collection can be as simple as wrapping the material in newspaper or a paper bag which can be composted along with the food, placed in an old coffee can, or any of the containers designed specifically for food scrap recycling that come in stainless steel, ceramic and bamboo and are available in local stores.

What can you include?

Food scraps that can be composted include vegetable and fruit trimmings, meat, fish, bones, bread, pasta, egg shells and coffee grounds. You can also put in food-soiled paper such as used paper towels, napkins, coffee filters, or even pizza delivery boxes. Empty your kitchen countertop container into your Yard Waste cart as needed, whether daily or less often depends on the contents.

Remember, this is the same material that used to be in your trash can, except that now it will be turned into a useful soil additive instead of taking up space and creating greenhouse gases in the landfill.

For more tips, visit www.recyclefood.com.