

Recycle Food. It's Easy To Do.



King County Food Scrap Recycling **Factoids**

- Currently, nearly 30% of what we throw away is comprised of food scraps and food-soiled paper. For comparison, we currently throw away 10% of all plastic, 3% glass and 16% of other types of paper. Source: *King County 2002/2003 Comprehensive Waste Stream Characterization*
- The average single-family household in King County throws away 45 pounds of food scraps every month.
- Items such as vegetable and fruit trimmings, plate scrapings, egg shells, coffee grounds, paper towels and napkins—even greasy pizza delivery boxes—all can be recycled in your yard waste cart. In many areas meat, cheese and bones can be recycled.
- Food scrap recycling can help considerably reduce the amount of waste going the Cedar Hills Regional Landfill, and can help you reduce the size of your garbage container—saving you money on your garbage bill. Reduce the amount of garbage you put in the landfill and increase the amount you recycle by putting your food scraps and food soiled paper in the yard waste container.
- Most King County residents can recycle food scraps and soiled paper using their yard waste cart, so what you used to put in the garbage can go in the yard waste cart for recycling. If you don't already have a curbside yard waste recycling container, contact your waste hauler or visit www.recyclefood.com to find out if food scrap recycling is available in your city.
- Upon request, several cities in King County offer free or discounted food scrap containers for your kitchen. These lidded containers can be used to collect food scraps before you take it to your yard waste cart. Visit www.recyclefood.com for links to promotions in your city.
- All the food and yard waste collected in King County is taken to local privately owned Cedar Grove Composting and turned into a nutrient-rich soil amendment, compost. This compost/mulch is used in local neighborhood landscapes and parks, and is available for purchase at home and garden stores. Compost, used in your garden and yard, helps to build healthy soil for healthy plants and healthy lawns.
- By recycling your food scraps, what would otherwise end up in the landfill is turned into nutrient-rich compost – a valuable resource that improves the health of our plants, crops and local gardens and parks. The use of compost has long-term environmental benefits to the community, including improved soil health, reduction in pesticide use, erosion prevention and water savings. By putting your food scraps in the yard waste cart instead of the garbage can or by composting at home, you are also helping reduce a large portion of the garbage waste stream. This not only extends the life of our landfill, but also reduces the emissions of landfill-produced methane, a greenhouse gas that contributes to global warming.
- Residents throw away as much as 1/3 of the food they buy and at least 1/2 of that was still edible .
Tips for better food management:
 - Shop with a food list to avoid buying too much food.
 - Set your refrigerator temperature at 41 degrees Fahrenheit and put a thermometer in your refrigerator.