

# REDUCE & COMPOST TO A HEALTHIER HAWAI'I



Wasted Food



Wasted Resources



Wasted Landfill/  
Increased  
Methane Gas

O'ahu homes generate over 60,000 tons of food waste each year!

## HOW CAN YOU CAN HELP?

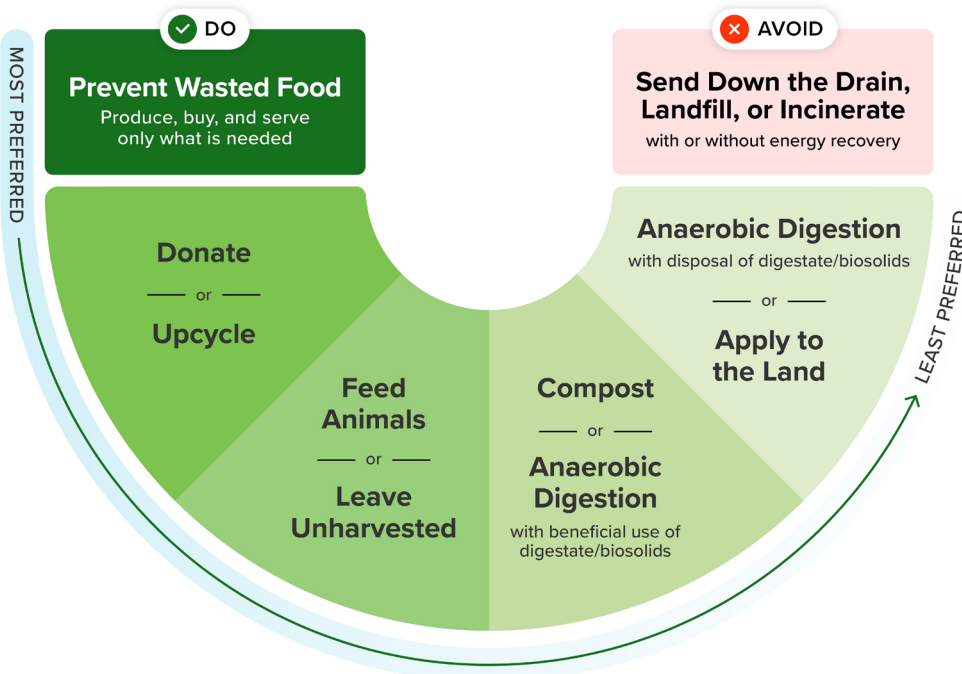
Mālama 'āina starts with you! Reduce food waste in your home.

The EPA has prepared a Wasted Food Scale that shows preferred ways for reducing environmental impacts of wasted food.



### Wasted Food Scale

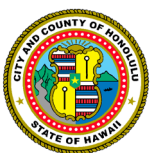
How to reduce the environmental impacts of wasted food



## TIPS TO MAKE A DIFFERENCE

- Prevent food from going to waste in the first place!
- Meal prep and make grocery lists to buy only what you need.
- Refrigerate and freeze your food.
- Turn your leftovers into yummy new dishes.

The City is launching pilot G.R.O.W. or Green Recycling Organic Waste to start INCLUDING THE FOOD in green compost carts. If you live in Waipahu, Nānākuli, Hawai'i Kai, Mililani, Kailua, or Kalihi, and you currently receive City and County of Honolulu curbside cart collection services, you can start adding food scraps and wasted food to your green compost cart on April 1, 2026! In the future, the City will expand this program islandwide.



G.R.O.W. Program - Green Recycling Organic Waste  
City and County of Honolulu  
Department of Environmental Services, Refuse Division

# LESS WASTE, HEALTHIER HAWAI'I



## Wasted Food = Wasted Resources

Food that is sent to a landfill takes up valuable space and also releases methane gas as it decomposes. Methane gas is a harmful greenhouse gas that contributes to climate change. Composting diverts food waste from the landfill, reduces greenhouse gases, and turns wasted food into valuable soil amendments to help grow more plants and keep Hawai'i's lands healthy.



### Mālama 'āina Care for the land.

Protect the environment.



### Kūleana Responsibility.

Prevent your food waste from ending up in the landfill.



### Pono Harmony and balance.

Turn food waste into nutrient-rich compost to grow more plants, fruits, and vegetables.



### Laulima Working together.

Be part of a community effort. Together we can make a difference.

## INCLUDE THE FOOD

### SIMPLE STEPS FOR COLLECTION

1



Place your kitchen container in a convenient location in your kitchen.

2



**INCLUDE THE FOOD!** Toss all food scraps and plate scrapings in the kitchen container. Remember, don't add liquids.

3



Empty your kitchen container into your green compost cart along with your green waste for biweekly pickup.



## FOOD SCRAPS & WASTED FOOD

- Fruits
- Vegetables
- Dairy products: solids and semi-solids at room temperature (such as cheese and yogurt)

- Bread and baked goods
- Pasta, rice, grains, and cereal
- Beans, nuts, and seeds
- Meat, seafood, poultry, and bones (such as from fish and chicken)

- Eggshells, nutshells, and seafood shells
- Leftovers and spoiled food
- Table scraps and plate scrapings
- Loose coffee grounds and tea leaves



### Easy ways to get help:

1. **Online:** [honolulu.gov/env/grow](https://honolulu.gov/env/grow)
2. **Hotline:** (808) 768-3200
3. **Email:** [opala@honolulu.gov](mailto:opala@honolulu.gov)

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