



# COMPOST SCRAPS AND WASTED FOOD TO REDUCE WASTE

Food scraps account for about 60,000 tons of garbage in O'ahu in a year. Composting food scraps reduces waste and creates nutrient-rich fertilizer.

Donate unwanted commercially packaged food (i.e., can goods) before the best by date on the package.

Look inside for three simple steps to help you **INCLUDE THE FOOD** in your kitchen container and turn your food scraps into compost.

## What to use for your kitchen container?

- Kitchen collection pail
- Reusable silicone bag or resealable storage bag
- Repurposed container with a lid (i.e., yogurt tub)

## Need a kitchen container?

Attend an ENV in-person workshop or contact the City's Recycling Branch for information.

## Easy ways to get help:

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



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## Tips for your KITCHEN CONTAINER OR REUSABLE BAG

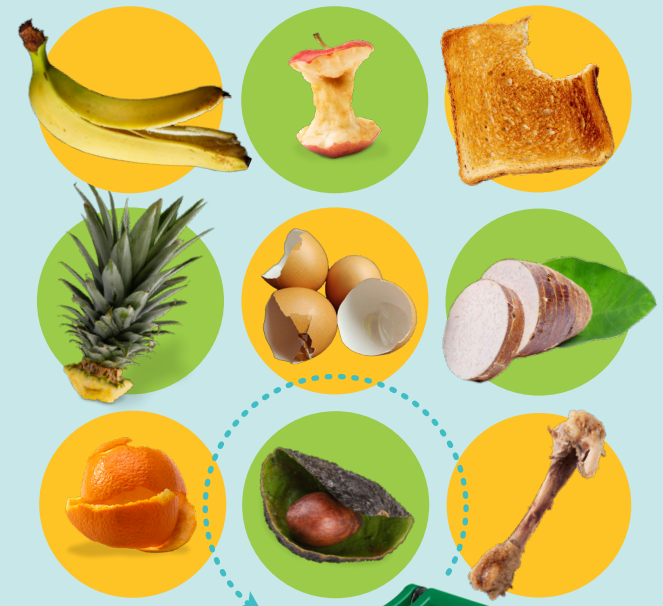
- **Sprinkle baking soda** in your kitchen container to avoid odors.
- **Fully seal** kitchen containers and bags.
- **Freeze food scraps.** Store your bag in the freezer and empty it the night before or morning of collection day.
- **Wash** and dry your kitchen container and reusable bag regularly to avoid odors.

## Tips for your GREEN COMPOST CART

- Set out your green compost cart **biweekly.**
- **Sprinkle baking soda** to avoid odors.
- **Alternate layers of green waste and food scraps,** starting with green waste on the bottom of the cart to absorb any residual liquid from food scraps and wasted food.
- **Freeze food scraps** and add to your green compost cart the night before or morning of collection day.
- **Keep** green compost cart in the shade with the lid fully closed.

## Give your garbage disposal a break!

Resist using garbage disposals for food scraps. Fats, oils, and greases (FOG) are especially harmful and should be properly absorbed with absorbent material. Then, placed in your gray trash cart.



# INCLUDE THE FOOD! YOUR FOOD COLLECTION GUIDE



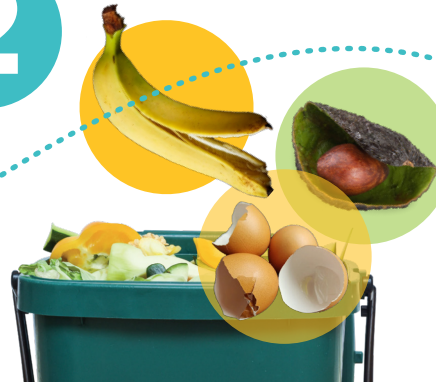
# SIMPLE STEPS FOR SCRAP AND WASTED FOOD COLLECTION

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. Place your green compost cart out for biweekly pickup.

## INCLUDE THE 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/grounds

**Remember—avoid wasting food in the first place!** We can take steps to reduce food waste at the source. Plan your meals and create a grocery list to shop for what you need. Store food properly, organize your fridge, and eat or freeze food before it spoils. If you do have food scraps, **INCLUDE THE FOOD** in your green cart for composting! Please note that post-consumer food waste will be odorous and could cause a vector issue, thus freezing is recommended.

## LEAVE IT OUT

- Liquids
- Paper and paper products
- Plastic
- Metal
- Glass
- Fats, oils, and greases (FOG)
- Manufactured compostable materials (MCM): products labeled Compostable and Biodegradable
- Pet waste
- Coffee cups
- Takeout containers and pizza boxes
- Fast food wrappers and packaging
- Corks, rubber bands, produce stickers, and twist ties