



LA SANITATION & ENVIRONMENT ORGANICS DIVERSION PROGRAM

OrganicsLA

Shop smart, waste less, recycle the rest.



A typical household wastes about **\$1,500 per year on food that isn't eaten**. When uneaten food ends up in the landfill, it creates greenhouse gases (GHG) that contribute to climate change. Preventing food waste in the first place helps reduce our GHG emissions and saves you money. Recycling food scraps promotes a healthier, more sustainable LA.







That's why the State of California has a new program that requires all municipalities to **reduce organic waste by 75% by 2025**. As the City of Los Angeles begins to roll out our new organics waste reduction program this year, you will learn how to:



- *Use your green bin to recycle your food scraps*
- *Prevent food from being wasted*
- *Home compost more effectively*
- *Use an in-sink disposal system to divert food scraps*



Go to www.OrganicsLA.org or www.lacitysan.org for more information or contact our 24/7 Customer Care Center at **800-773-2489** and follow us on social media @lacitysan    



Shop Smart: Prevent Food Waste

Why prevent food waste?

Wasting food means wasting the water, energy, land, labor, fuel, packaging and money that went into producing your food in the first place. As a nation, up to **40 percent** of our entire food supply goes uneaten.¹ When food ends up in the landfill, it creates methane, a greenhouse gas 28 to 36 times more potent than carbon dioxide at trapping heat in the atmosphere.²

1. Natural Resources Defense Council, 2. Intergovernmental Panel on Climate Change Assessment Report (AR6)

To make sure you eat the food you buy, follow these steps:



Plan your meals ahead of time

Create a shopping list and stick to it

Shop only in quantities you will use

Waste Less: Make the Most of Your Food

Put food where it lasts longest

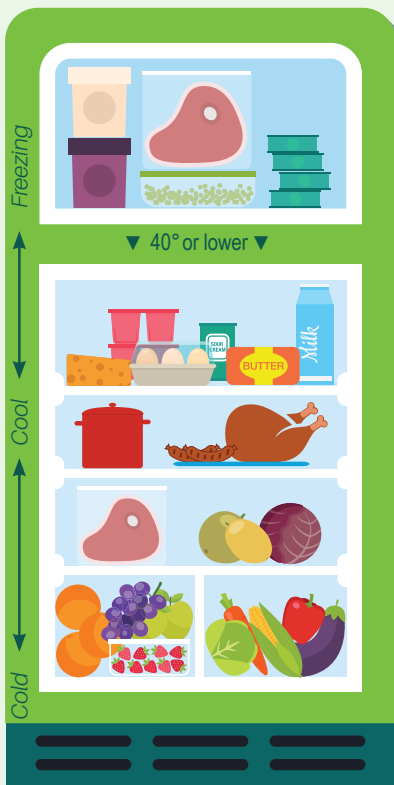
WHAT FOOD GOES WHERE?

In the freezer Frozen food will keep longer. Portion it out, label and date your food so it is easy to serve later. Wrap, label and date everything. Rotate food so you use older items first.



In the refrigerator The bottom of your fridge is the coldest and is good for meat and perishables; cooked foods should go on the middle shelf and the door is the warmest and is best for condiments.

Vegetables do best in a high humidity crisper drawer and fruit in low humidity. Store loose, in separate bins. When using plastic bags, perforate to extend shelf life.



On the counter and in the pantry Some foods like avocados, peaches, bananas, and tomatoes fare better on the counter.

Potatoes, onions, garlic and squash should be stored in a cool cabinet or pantry.



Separating Sensitive Foods

Many fresh foods emit ethylene gas, a naturally-occurring compound that hastens food ripening and spoilage. To reduce spoilage or food waste, place ethylene-sensitive items (e.g., asparagus, broccoli, cucumbers, peppers, etc.) separately from those that produce ethylene (e.g., apples, avocados, bananas, tomatoes, etc.).

Understand What The Dates Mean

Food date labels (best by; use by; enjoy by) refer to quality more than food safety. It's the date before which the brand stands by its product (unless it has been opened or left out in warm temperatures).³



3. Adapted from SaveTheFood.com



Recycle the Rest: Put Food Scraps in your Green Bin

Use what you bought, recycle any remaining food scraps

STEP 1

Fill your pail (or a container of your choice) with food scraps.



STEP 2

Empty pail contents into your green bin. Rinse out pail. Fill again.



STEP 3

Take your green bin to the curb for weekly collection.



Cook Creatively

Getting creative in the kitchen is an essential way to reduce food waste: Don't throw it away! Many of the food parts that we throw out are perfectly edible. For example, beet tops can be cooked like spinach; broccoli stalks can be peeled or grated, then steamed or stir-fried.

Cut it out! Often only one part of an ingredient has lost its freshness. Cut it off or peel it away to reveal freshness within fruits and vegetables.

Use your leftovers as pre-prepped ingredients.

Use vegetables from last night's salad as fillings or toppings or add to other ingredients to make sauces. Use leftover rice to make fried rice. Make French toast or croutons with bread.

For more planning, recipes, and storage tips, plus facts and figures visit: SaveTheFood.com.

TIPS FOR PREVENTING PESTS, ODORS, & MESS

Inside Your Home:

Use a paper towel to line your kitchen pail.

Sprinkle baking soda in your kitchen pail to reduce odors.

Wash your kitchen pail regularly. It is dishwasher friendly.

Empty your kitchen pail into your Green Bin regularly and just before collection day.

Wrap smellier items and store in your refrigerator or freezer until pickup day.

Outside Your Home:

Put some yard trimmings in your Green Bin before and after adding food scraps.

Place the Green Bin out for collection every week, even if not full.

In-Sink Disposal

Food scraps may also be placed into an in-sink disposal system. When you place food waste into the disposal, the disposal grinds the food waste and it is then carried to one of our four wastewater reclamation plants through the sewer system.

Do not put fats, oils, grease and non-food items into your in-sink disposal system.





Guidelines for Food Scraps Recycling

YES! These go in the green bin!

Fish, bones, meat, egg shells, dairy, shrimp shells, pasta, beans, bread, cereal, grains, rice, coffee grounds and filters, fruits and vegetables.

Flowers, yard waste and clean wood.

Food-stained paper; paper egg carton; paper napkins & kitchen paper towels; pizza boxes; paper plates; paper to-go boxes (no coating); and wooden & fiber-based utensils*

*Must be 100% fiber-based.



Go to www.OrganicsLA.org for more information.

NO! Do not put in the green bin!

Regular and compostable plastics, glass, produce stickers, rubber bands, twist ties, and petroleum based materials and products. Put them in the **black bin**.

In accordance with State Regulations organic waste can not be placed in the **black bin**.



Recycle the Rest: Compost at Home

Turn kitchen scraps and yard trimmings into a nutrient-rich soil amendment



Attend free City workshops to learn how to start your own home compost pile and also purchase a discounted compost or worm bin. If you have the space and time to home compost, you can enjoy the benefits of producing your own natural soil conditioner in your garden.



Healthy soils grow healthy plants, and home composting is a cost-effective and environmentally friendly way for you to manage fruit and vegetable trimmings along with your yard trimmings.



For home composting, it is recommended to put only fruit and vegetable trimmings, coffee grounds, egg shells, tea bags, and yard trimmings in your composter.

It is best to use your **Green Bin** for other items such as fatty foods, meats, bones, and dairy.



For locations and details of LA Sanitation & Environment's Free Composting workshops, visit:

lacitysan.org/compostworkshops



zero waste • zero wasted water