



# Tips for a Sustainable Home and Wallet

## **A FOOD WASTE RECYCLING GUIDE**





## INTRODUCTION

# Eat Smart, **WASTE LESS**

Food Waste Reduction Efforts in Clinton County

## THE ISSUE OF WASTED FOOD

The U.S. wastes more food than any other country. Nearly 40% of all food is thrown away, and nearly half of it happens in our own homes. Food loss and food waste create 5 times more greenhouse gases than air travel, making it a major cause of climate change. When we throw away food, we also waste the land, water, and energy used to produce it. This can make food prices higher. This booklet shares easy tips to cut down on food waste to save you money and help the planet.

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Recycle your food scraps by using a community food scrap bin.

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"Shop" your kitchen before grocery shopping and store your produce properly.

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### RECYCLE FOOD SCRAPS AT HOME

Use a green cone solar digester or backyard composter.

## RECYCLE FOOD SCRAPS IN THE COMMUNITY

# Municipal Food Scrap COLLECTION PROGRAMS

Thank you for your interest in your community's food scrap collection program! **This program helps you keep food waste out of the landfill and can even save money on trash costs.** Instead of throwing away **leftovers, peels, and spoiled food**, you can bring them to **community collection bins**. The scraps are picked up and **turned into compost nearby**.

Keep reading to learn how you can give your food scraps a second life.

**It's simple to get started!**

## To Participate

### Step 1

#### REGISTER

Contact the City, Town, or Village Office where you live to complete a registration form.

### Step 2

#### KNOW BEFORE YOU THROW

Scan the QR code to complete a quick knowledge check. After selecting your City, Town, or Village, the system will tell you which organics hauler serves your area – River Valley Regeneratives or Casella Waste Systems.

This short activity will walk you through what can and cannot go into your collection bin. This helps you avoid common contamination mistakes. Each hauler accepts different items; be sure to check their full lists on Pages 3 & 4.



Know Before You Throw:  
Test Your Knowledge

### Step 3

#### ACCESS YOUR COLLECTION BIN

Check with your City, Town, or Village Office for collection bin sites. Review how to access the bin(s) on Page 5 of this guide.

### Step 4

#### DROP OFF YOUR FOOD SCRAPS

Drop your food scraps off at your community collection bin as often as you need!

# RECYCLE FOOD SCRAPS IN YOUR COMMUNITY

Contact your City, Town, or Village Office to see which hauler they use for food scrap hauling.



The items below can be placed in your collection bucket to be recycled.



Meat scraps & bones



Fish



Fats



Poultry



Fruits



Vegetables



Unbleached napkins



Coffee & unbleached filters



Egg shells



Dairy products



Grains



Bread

## Not Accepted

- Compostable bags/containers/cups
- Corks
- Cardboard/Paper
- Food packaging
- Pet or human waste
- Rocks, sand, glass
- Pet food
- Yard debris (grass, branches, etc.)
- Fruit/Vegetable stickers and tags
- Clothing

**When in doubt, leave it out!**



## RECYCLE FOOD SCRAPS IN YOUR COMMUNITY

Contact your City, Town, or Village Office to see which hauler they use for food scrap hauling.

# FOOD WASTE

TOSS THE ITEMS LISTED BELOW INTO THIS CONTAINER

**Fruits • Vegetables • Grains • Bread • Dairy • Oils • Fats • Meat • Poultry • Fish • Bones**



**Eggshells • Tea Bags • Coffee Grounds & Filters • Paper Towels • Napkins**



**NOT ACCEPTED - When in Doubt, Leave it Out!**

Plastic bags, milk cartons, dishware/silverware, condiment packets, packaging, pet or human waste, recyclables, florist flowers, fruit/vegetable stickers, straws, rubber bands, chemical residue



ESTABLISHED 1975

[casella.com/RecycleBetter](http://casella.com/RecycleBetter)

# RECYCLE FOOD SCRAPS IN YOUR COMMUNITY

Contact your City, Town, or Village Office to see which hauler they use for food scrap hauling.

## How to Access FOOD SCRAP COLLECTION BINS

Be sure to take the 'Knowledge Check' on Page 2 before you begin using the bin!



Combination padlock  
will be here

Food scrap collection  
bin is stored inside

- 1 Lift the combination lock cover and unlock using the pin (0422).
- 2 Lift the lid of the storage shed and then the lid of the collection bin.
- 3 Dump your food scraps into the collection bin.
- 4 Close the lid of the collection bin and the storage shed after dumping your food scraps.
- 5 Place the lock back through the hole on the storage shed and close the lock.
- 6 Scramble the combination on the lock and close the cover.

Scan the QR code to  
find a food scrap  
collection bin near you.



[health.clintoncountyny.gov](http://health.clintoncountyny.gov)

## PREVENT WASTED FOOD

# Fruit & Veggie STORAGE GUIDE

Storing fresh foods correctly is one of the easiest and best ways to keep it fresh and reduce wasted food.

### WHERE

### WHAT

### HOW

#### REFRIGERATOR



Berries



Grapes



Cherries



Peppers



Turnips



Kale



Broccoli



Carrots



Lettuce

- Set the temperature of your refrigerator to 40°F or below.
- Keep fruits and vegetables separate.
- Use sealed containers to prevent produce from drying out.
- Use the crisper drawers. Items that will need high humidity. Items that rot and mold need low humidity.

#### COUNTER AND REFRIGERATOR



Apples



Tomatoes



Mangoes



Watermelon



Pears



Citruses



Peaches



Kiwi



Avocados

- Ripen these items loosely on the counter, away from sunlight, heat, and moisture.
- Once they are ripe, move them to the refrigerator to help them last longer.
- Separate ripe and unripe fruit.

#### COUNTER



Bananas



Leafy herbs

- Store fresh, leafy herbs in a cup of water, like flowers.
- Separate bananas from other produce. Bananas give off a gas that can speed up the ripening of other produce.

#### CUPBOARD



Potatoes



Sweet Potatoes



Onions



Pineapples



Garlic



Squash

- Store these items in a cold, dark place like a cupboard or pantry.
- Keep potatoes separate from onions to prevent sprouting.
- Store an apple with potatoes to prevent sprouting.

## PREVENT WASTED FOOD

# Food Date Labels DECODED

In 2023, the U.S. threw out over 3 billion pounds of food, worth \$7 billion, because we were not sure what food date labels meant.

Food labels **often show the date for food's best quality, not the safety** (except for infant formula – this is a safety date). For other foods, **use your senses to tell if the food smells or looks bad.**

### BEST BY BEST BEFORE

Date of a product's best flavor or quality.

### SELL-BY

Date that tells the store how long to display the product for sale for inventory management.

### WHAT DOES IT MEAN?

### USE-BY

Last date recommended for the use of the product while at best quality.

### FREEZE-BY

Date when a product should be used or frozen by to maintain best quality.

Scan the QR code to learn more about food date labels.



United States Department  
of Agriculture



## PREVENT WASTED FOOD

# Clinton County FOOD PANTRIES

You can donate your extra food to feed our neighbors and reduce the amount of wasted food that ends up in our landfills.

**92 BILLION**

pounds of food  
are wasted each  
year in the U.S.

**\$3,000**

The average  
amount of  
uneaten food a  
family of four  
wastes each year.

**~2,000,000  
POUNDS**

of food scraps  
ended up in the  
Clinton County  
landfill in 2021.

**1 IN 3**

Clinton County  
residents have run  
out of food before  
they could afford  
to buy more.

Scan the QR code  
to find a food  
pantry near you!



Clinton County  
Health Department

## RECYCLE FOOD SCRAPS AT HOME

# Green Cone SOLAR DIGESTERS

The Green Cone Solar Digester is a **simple way to handle food scraps at home**. Place it in a sunny spot and bury the bottom part in the ground to help **cut down on smells and keep animals away**. The cone's walls trap heat and move air around, which helps good bacteria grow. These bacteria break down the food scraps and turn them into nutrients that soak into the soil – creating a **healthy spot for your garden, yard, or plants**.



**Normal Price:** \$200    **Sale Price:** \$50 (Cash or Check)

**Pick Up:** Casella Waste Systems Schuyler Falls Transfer Station  
404 Sand Road, Morrisonville, NY 12962

**Hours:** Tuesday, Thursday, & Saturday, 9am - 4pm

**For Questions:** Call 518-563-5514

## RECYCLE FOOD SCRAPS AT HOME

# Backyard COMPOSTING

**Composting is nature's way of recycling food scraps and yard waste.** With your help, tiny microorganisms break it down into **nutrient-rich compost**.

To keep the pile healthy, it needs air, so you should stir it about once a week. **When it's ready, you can use the compost in your garden to grow stronger plants or spread it on your lawn to help absorb rainwater.** A good compost pile also heats up to about 130° to 160°F, which kills harmful germs and weed seeds.

## What to Add to a Backyard Compost Pile

Nitrogen-Rich Materials ("Greens")	Carbon-Rich Materials ("Browns")
Fruit & vegetable scraps	Dry leaves
Grass clippings	Plant stalks & twigs
Coffee grounds & paper filters	Shredded paper & shredded brown bags
Paper tea bags (no staples)	Shredded cardboard (no tape)
Crushed eggshells	Untreated wood chips

## What to Keep Out of a Backyard Compost Pile

Materials	
Meat, fish, & bones	Aggressive weeds
Cheese & dairy products (yogurt, milk, etc.)	Treated or painted wood
Fats, oils, & grease	Pet waste & cat litter
Cooked food (small amounts are fine)	Dryer lint
Compostable bags, containers, and cups	Glossy paper
Diseased plants or herbicide-treated plants	Produce stickers

Scan the QR code to learn more about backyard composting.



[bit.ly/44oDI2x](https://bit.ly/44oDI2x)





Hungry for more information about reducing food waste?  
Visit the [Clinton County Health Department's website](https://health.cantoncounty.ny.gov) or  
scan the QR code.



[health.cantoncounty.ny.gov](https://health.cantoncounty.ny.gov)

Information in this guide was adapted from [StopFoodWaste.org](https://stopfoodwaste.org), [FeedingAmerica.org](https://feedingamerica.org),  
and the [United States Environmental Protection Agency](https://www.epa.gov).

