Let's reduce food waste!

- Based on a national estimate, approximately 40% of all food produced is wasted. This is like buying five bags of groceries and leaving two behind in the parking lot. New Jersey residents on average throw away about 325 pounds of food per person annually.
- Discarded food costs the average family of four $1,800 annually.

(How can I reduce the amount of food I waste?)

- Only buy what you need and will eat.
- Save and eat your leftovers; save time AND money!
- Avoid clutter in your fridge and pantry to prevent items from getting "lost".
- Treat expiration and sell-by dates as quality guidelines, not food safety standards.
- Donate excess food to local pantries. You are protected by Good Samaritan Laws.
- **Instead of tossing your uneaten food into the garbage… Compost it!**
- Decomposing food accounts for **58% of Methane emissions** from landfills. (Methane is a potent greenhouse gas and a major contributor to climate change).
- You can reduce the amount of food taken to landfills by composting ALL of your food scraps and uneaten food. This includes cooked food, such as meat and bones. Leonia has a Municipal Composting program to help you manage this:

leoniacomposts.com

Subscribers collect their food scraps (see website for details) and bring them to a toter at the Senior Center or behind the Old Borough Hall. Neighborhood Compost empties and replaces the toters each week, and the food is taken to a farm in NW New Jersey; some is eaten by livestock and the rest is turned into valuable compost. Reducing the amount of food in our garbage can **save money for Leonia** through reduced tipping fees paid to landfills.

What are the benefits of composting?

- Keeping food out of landfills helps reduce greenhouse gas emissions.
- Wasted food is diverted and transformed into a resource (nutrient-dense compost!) that actively benefits the planet.
- Compost expands soil's ability to store carbon and water.
- It reduces the need for harmful fertilizers and pesticides.

What can I compost?

- Most foods are accepted in Municipal Composting. (See next pages for list)

There are other ways to compost food at home:

- Vermicomposting can be done at home. https://rodaleinstitute.org/science/articles/vermicomposting-for-beginners/
- Sign up for a curbside collection service, such as neighborhoodcompost.com
- **Join your neighbors and make a difference! Help fight climate change and keep food out of landfills. Be a part of the circular economy!**

Compost Guide

A Local Service with a Global Mindset

NEIGHBORHOOD • COMPOST •

Yay

Food

- ✓ Fruits and Veggies
- ✓ Egg Shells
- ✓ Coffee Grounds, Filters
- ✓ Tea Leaves (no metal staples or bags)
- ✓ Bread, Nuts, Grains
- ✓ Meat, Bones, Dairy, Oil

Paper

- ✓ Napkins/ Paper Towels (Free of Any Cleaning Agents or Chemicals)
- ✓ Shredded/ Torn up Paper + Newspaper (Matte and Uncoated Only)
- ✓ Matte Cardboard (Free of shiny coating, tape, stickers, or glue residue)
- ✓ Pizza Boxes (No parchment paper)
- ✓ BPI Certified Compostable-ware (bags, utensils, cups, etc.)

Nay

Food

- ✗ Veggie/Fruit Stickers

Plants

- ✗ Household Plants, Flowers
- ✗ Yard Trimmings/Plants Treated With Chemicals

Paper

- ✗ Toilet Paper and Tissue
- ✗ Any Type of Coated Paper (i.e. Receipts)

Other

- ✗ Pet or Human Waste
- ✗ Chemicals, Synthetic Materials
- ✗ Cleaning Products
- ✗ Plastic, Glass, Metal

Compost
(퇴비) 가이드

A Local Service with a
Global Mindset

NEIGHBORHOOD COMPOST

Yay

음식물 쓰레기

- ✓ 과일과 야채 찌꺼기
- ✓ 계란 껍질
- ✓ 커피 찌거기 및 필터
- ✓ 찻잎 (호치키스심이나 플라스틱 티백 제외)
- ✓ 빵, 견과류 및 곡물 등
- ✓ 유제품 및 기름
- ✓ 생선, 갑각류 찌거기 및 껍질
- ✓ 고기 및 고기 뼈

종이류

- ✓ 냅킨/페이퍼 타올 (세척제나 화학 물질 첨가된 제품들 제외)
  파쇄/찢어진 종이 및 신문지 (코팅안된 무광택 제품만)
- ✓ 코팅안된 무광택 판지 및 카드보드 (테이프, 스티커 또는 접착제 안묻은)
- ✓ 무광택 피자 박스 (파치먼트지 제외)
- ✓ BPI 인증 퇴비화 가능 제품 (가방, 식기, 컵 등)

Nay

플라스틱

- ✗ 과일 및 야채 스티커

식물

- ✗ 병든 가정용 식물, 상업적으로 재배된 꽃
- ✗ 정원 쓰레기/화학물질로 처리된 식물

종이류

- ✗ 화장지 밑 티슈
- ✗ 광택 처리된 종이류 (영수증 등)

기타

- ✗ 애완동물 및 인간 배설물
- ✗ 화학제품, 합성재료
- ✗ 청소용품
- ✗ 플라스틱, 유리, 금속

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