

# Climate and food waste

## Reduce, Reuse, Recycle

The 3 R's hold true for food too!  
 Follow the food hierarchy.

- ↓ **Source Reduction**
- ↓ **Feed Hungry People**
- ↓ **Composting**
- ↓ **Incineration**
- ↓ **Landfill**

## FOOD WASTE IN THE U.S.

Americans throw away **40%** of the food they buy.

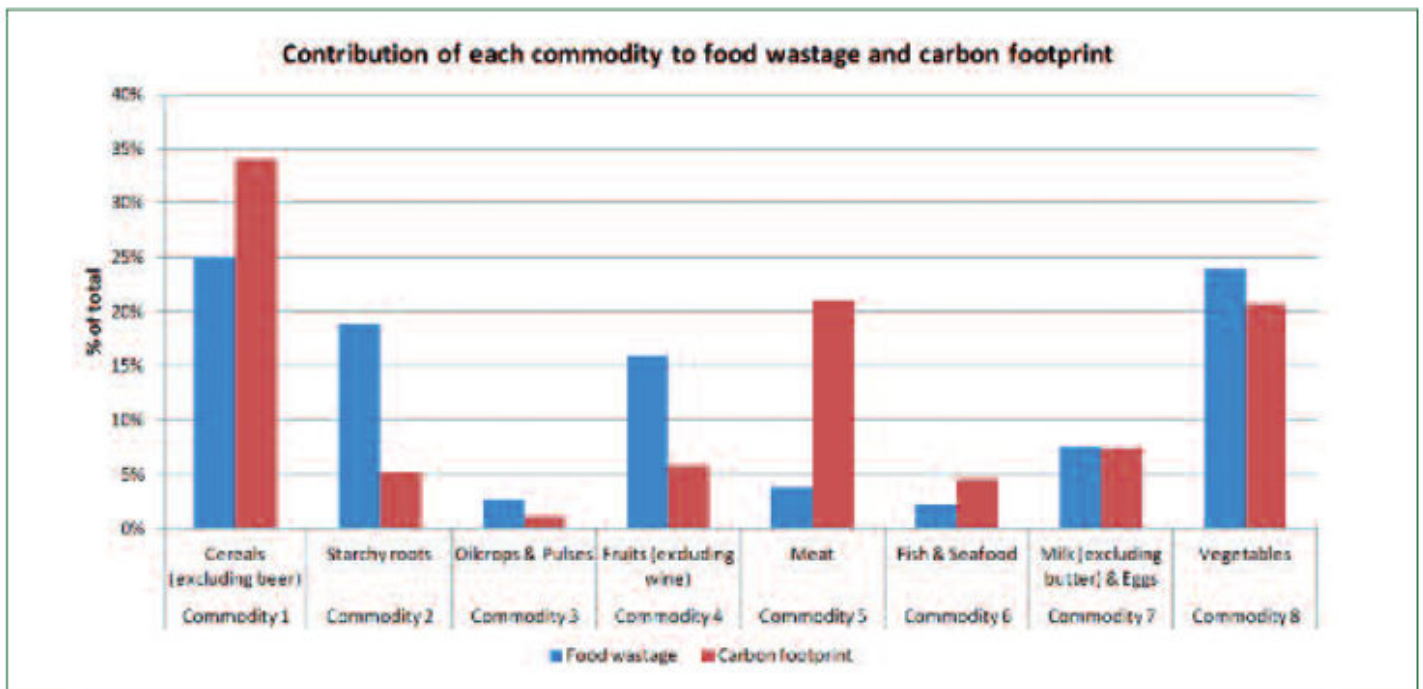


That's almost **\$400 A YEAR** per person.

An estimated **133 BILLION POUNDS** in 2010.

## Food waste impact

The United Nations Food and Agriculture Organization (FAO) released a report in 2013 that details the impact of food waste on our world's carbon footprint. It estimated 1/3 of all food in the world is wasted (a missed opportunity for food security) and contributes an estimated to 3.3 Gtonnes of CO<sub>2</sub> finding that food waste ranks the top third emitter in the United States.



## Basic composting 101

We all have food scraps it's just a matter of how we put them to use. There are several choices:

- Composting (in piles or contained in a pallet bin works best)
- Vermicomposting (letting Red Wiggler worms do the work)
- Broadcast composting (throwing small amounts into the woods)
- Curbside or drop-off composting (now available in greater Portland)



### Basic composting recipe (four basic ingredients - air, water, nitrogen, & carbon)

1. Choose a shady location
2. Make a bin (3-4' diameter/4-5' tall), use a wire cylinder or pallets like photo above, a simple open pile can work as well, but keeping it contained and manageable will help the process
3. Add brown materials (carbon). Add a 6-inch layer of "brown" organic matter — such as hay, straw, old leaves, and sawdust — to the bottom of the container
4. Add green materials (nitrogen). Add a 2- to 3-inch layer organic matter, such as green grass clippings or table scraps (new piles can be easily started with grass clippings)
5. Repeat these layers, watering each one as you go (you want it moist not soaked), until the pile fills the bin. Smaller piles won't heat up well & a larger pile can be difficult to manage
6. Within two days, mix or “turn” the layers together thoroughly (this adds the air), you can also add water if needed, turning can help to dry out a pile if it's too wet (a tarp can help)
7. Turn the pile once a week (to add oxygen) for quicker finished compost

Okay to add:

- Hay, straw, pine needles, leaves, small trimmings from trees and shrubs, flowers, weeds
- Kitchen scraps (egg shells, old bread, vegetable and fruit scraps)
- Horse or cow manure
- Wood chips, sawdust (as long as not pressure treated with chemicals)

Avoid:

- Meats, oils, fish, dairy products, and bones. They attract unwanted animals and smell
- Weeds gone to seed or that spread by their roots, diseased or insect-infested plants
- Herbicide/pesticide -treated grass clippings or weeds
- Dog, cat, or pig feces