



# Wasted Food

- 20% of all fruits and vegetables produced are uneaten and discarded in homes.
- The average American family spends between \$1500 - \$2000 per year on food that is never eaten.
- Every year, globally about 2.9 trillion pounds of food never gets consumed. In Riverside County, it is estimated that over 400,000 tons of food is sent to the landfill every year.

## Tips at home

**CHECK Date Labels** Consumers should pay attention to the Use By or Freeze By date. Sell By is for stock rotation purposes. Best If Used By is for quality, not expiration.

**EAT Leftovers**  
For lunch or for a quick dinner.

**USE Recipes**  
Have a plan, make a shopping a list.



**EAT Ugly**  
Buy imperfect food for less  
Cut it, cook it or blend it.

**FREEZE or Can Extras**  
Preserve food before it's wasted.

## Tips eating out

**BE Aware of Donations**  
Choose restaurants that donate surplus food and encourage your favorite restaurants to donate if they currently do not.

**TAKE Home the Leftovers**  
Take your remaining food home in a doggy bag for lunch the next day.  
Your puppy will understand.



**SHARE a Meal**  
If it's not enough, order more.

**SKIP the Tray**  
Studies show that diners who use trays waste 32% more than those who carry plates.

## Tips while shopping

**SHOP More Often**  
Break the habit of buy a lot, waste a lot.

**BUY Frozen Food**  
Frozen food lasts longer and suffers fewer losses from farm to shelf.



**SHOP at Farmer's Markets**  
By reducing the time for distribution, fruits and vegetables at local markets should be fresher and last longer.

**ALWAYS Bring a List**  
Plan your meals, make a shopping list and try to stick to your list.

more tips at [SAVETHEFOOD.COM](http://SAVETHEFOOD.COM)



[www.rcwaste.org](http://www.rcwaste.org)  
951.486.3200



# Everybody has **Food Waste**

potato peels apple core banana peel tea bags carrot tops broccoli stalks  
vegetable scraps egg shells salad leftovers coffee grounds  
citrus peels stale bread onion skins rotten tomatoes watermelon rinds

## Everybody can **Compost or Vermicompost**

**AEROBIC Composting** *Turning the pile adds oxygen which speeds up the process significantly and yields usable compost more quickly.*



With the right mix of brown and green materials, along with water, oxygen and microorganisms, you can make good compost in 2-3 months.

*The County sells compost bins to county residents for \$12 per bin, limit 3 per household. For more information, call 951-486-3200.*

Tumbling composters make the process of turning your compost pile easier and they can yield good compost more quickly.

However, these bins are more expensive to purchase and to maintain.



*The County does not offer tumbling composters or solar digesters for sale.*

Solar digesters are designed to accelerate the temperatures, maintaining aerobic conditions, The system processes almost all household food waste, including vegetable scraps, raw and cooked meat or fish, bones, dairy products and other organic food waste such as fruit, bread and pasta.



natural decomposition process by raising and encouraging the growth of microorganisms.

**ANAEROBIC Composting** *Compost will happen over time. Don't turn or add water. Just add organic materials and find the best compost on the bottom. If microorganisms find the pile, nature will do all the work.*



### **VERMICOMPOSTING**

*Worm composting is an easy and efficient way to turn food waste into high quality compost (worm castings) for your garden.*



*The County sells vermicomposting kits to county residents. Call 951-486-3200 for pricing and office hours.*

### **FREE Classes**

Attend one of our free classes or schedule a speaker for free to come talk to your group about managing food waste.



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