DID YOU KNOW?

- 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 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.
- **SHARE a Meal** If it's not enough, order more.
- **TAKE Home the Leftovers** Take your remaining food home in a doggy bag for lunch the next day. Your puppy will understand.
- **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)

This document is available in alternative formats upon request

RIVERSIDE COUNTY
DEPARTMENT OF
WASTE RESOURCES

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

951.486.3200
Everyday Everybody has Food Waste

potato peels apple core banana peel tea bags carrot tops broccoli stalks
deer 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.

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.

Solar digesters are designed to accelerate the natural decomposition process by raising temperatures, maintaining aerobic conditions, and encouraging the growth of microorganisms. 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.

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.

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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