

WHAT CAN YOU COMPOST AT HOME?

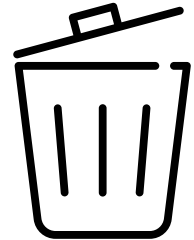
YES!



DEPOSIT INTO COMPOST BIN:

FRUITS
VEGETABLES
BONES
EGG SHELLS
COFFEE GROUNDS & FILTERS
GRAINS
PAPER TEA BAGS

NO!



RECYCLE OR PUT IN TRASH:

PRODUCE STICKERS
'COMPOSTABLE' PLASTIC
STYROFOAM
LIQUIDS
GLASS, METAL
WAXED PAPER
PET/ANIMAL WASTE

FOR HOT COMPOSTING

(ADD ONLY IF YOUR PILE REACHES TEMPS OF AT LEAST 131°F FOR THREE DAYS)

MEAT & DAIRY PRODUCTS, BONES, SEAFOOD SHELLS
WOOL, COTTON, LINEN AND HEMP
AND ALL MATERIALS LISTED ABOVE

BE SURE TO ADD PLENTY OF 'BROWNS' - DRIED LEAVES, STRAW, SAW DUST, PINE NEEDLES, SHREDDED PAPER, WOOD CHIPS TO BALANCE THE 'GREENS' IN YOUR PILE IN BOTH HOT AND COLD COMPOSTING METHODS. A 3:1 RATIO OF BROWNS TO GREENS IS RECOMMENDED!



August 2023 A program of the Upper Valley Lake Sunapee Regional Planning Commission *
Providing technical assistance on food scrap diversion from landfills * Funded by USDA Solid
Waste Program. For more information visit us at www.uvlsrpc.org/food-scrap.



FAQ - FOOD RECOVERY 101

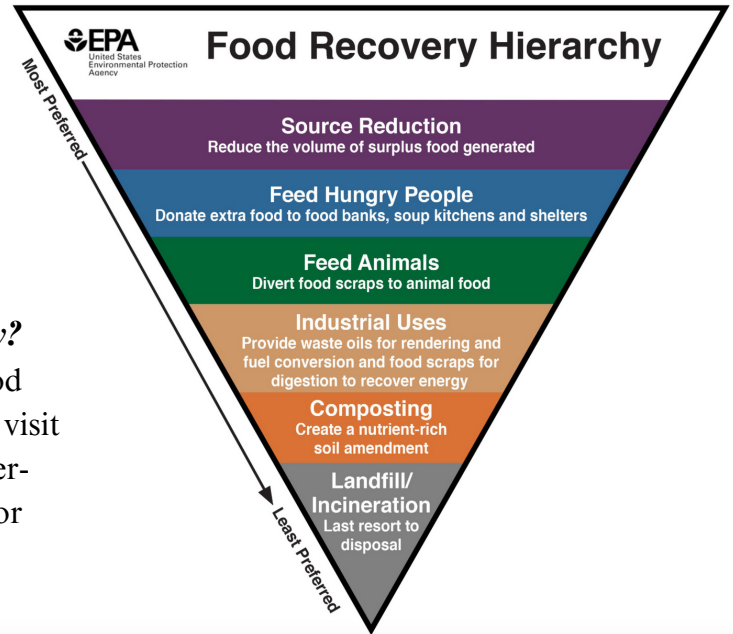
Our home-generated food waste can be easily managed in a variety of ways. The EPA Food Recovery Hierarchy explains an approach that supports food security efforts and local farmers. How can this work in the Upper Valley? Read on to find out!

What is source reduction & how do I go about it?

It starts at the grocery store, farmers' market, or home garden - wherever you buy or produce food. Buy local and only what you need! For a list of local farmers' markets and growers, visit <https://vitalcommunities.org/food-and-farm/>

How do I donate extra food to my local food pantry?

Have extra food to share? Connect with your local food pantry. For a list of Upper Valley food shelves near you, visit https://uvstrong.org/wp-content/uploads/2021/01/Upper-Valley-Food-Resources-Updated-01_17_21.docx.pdf or check with your Town office.

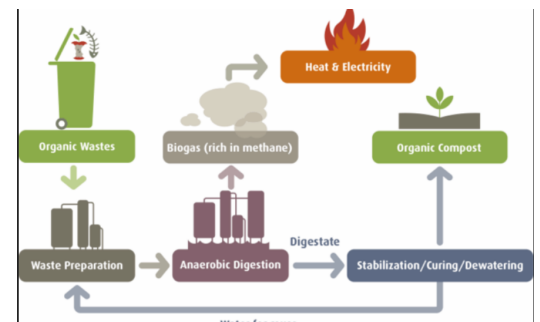


How do I share my food scraps with local farmers?

If you have a CSA at a nearby farm or farm stand, they may be willing to accept your compost in return.

What are the industrial uses of food scraps?

Many municipalities and institutions use anaerobic digesters, which process multiple types of agricultural and food waste into biogas for heat & electricity, with organic compost as a by-product.



What about composting?

Composting is a great way to save money on your trash disposal costs and may help your community save money too. Choose a container and get started saving your food scraps. Composting is a better choice than putting your food scraps in the trash. If home composting isn't for you, the Lebanon Solid Waste & Recycling Facility now accepts food scraps!



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