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NATIONAL RECYCLING WEEK

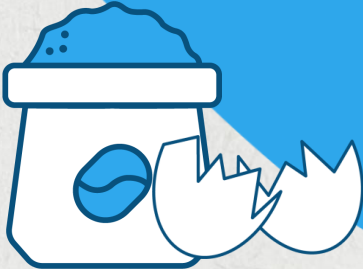
**FOOD WASTE &
COMPOSTING**

FIRSTLY,

Food waste degrading in landfill is:



**Fine, food
rots in
nature!**



**Not a good
idea...**

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Yeah, nah. **It's bad.**



IF FOOD WASTE WAS A COUNTRY, IT WOULD BE THE 3RD LARGEST EMITTER OF GREENHOUSE GASES



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Why is it **so bad?**

When organic materials end up in landfill, they decompose in an anaerobic environment (that is without oxygen), creating methane a (CH₄) by-product.

Methane gas is 20x more potent than carbon dioxide (CO₂) in contributing to climate change.



**A HEAD OF LETTUCE
TAKES 25 YEARS TO
DECOMPOSE IN
LANDFILL**

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Fear not!

The most impactful (and easiest) thing you can do is avoid generating food waste in the first place.

There are so many ways to reduce your organics going to landfill or avoid it completely.



CHECK OUT OUR HANDY
RESOURCES TO AVOID WASTE
RECYCLINGNEARYOU.COM.AU

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Waste **not!**

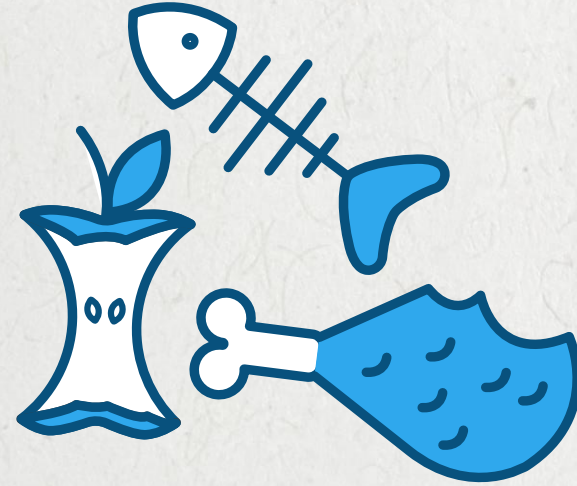
- Meal planning. Buy only what you need. Check your kitchen for ingredients before you buy. What needs to be used first? Are you *actually* out of milk?
- Using leftovers- reheat and eat, or incorporate into a new dish
- Storing food correctly- would those herbs last longer wrapped in a clean, damp tea towel in the fridge? Could those steaks be frozen?



We still have scraps

You can reduce your food scraps even more by not peeling certain fruits and veggies, but inevitably, most of us will have some food waste to dispose of.

There are still a few options to avoid this waste going to landfill.



**EACH AUSTRALIAN DISPOSES
OF 20.7 kgs OF E-WASTE
PER YEAR**

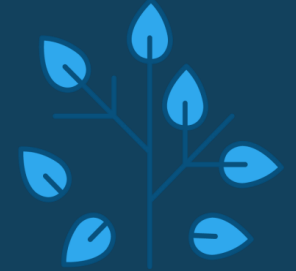
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Enter: Composting

IS THERE ANYTHING MICRO-ORGANISMS CAN'T DO?



There may be a few composting options open to you, depending on where you live.

- Some councils provide FOGO bins to residents
- Set up a compost bin in your garden
- Set up a worm farm on your balcony

Compost on your plants will:

- Help retain water
- Add nutrients and reduce need for bought fertilisers
- Improve soil structure and health

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FOGO

FOOD ORGANICS GARDEN ORGANICS

In some council areas, residents receive a FOGO, or “food organics garden organics” service as part of their regular waste service. It is a different service to the more established garden organics or green waste bin, which only accepts garden waste.



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FOGO

FOOD ORGANICS GARDEN ORGANICS

Materials accepted in your FOGO service will vary from council to council, as they may use different industrial composting services. Generally, all spoilt food, vegetable and fruits scraps can go in. You can ONLY use a liner or compostable bag if it was provided or approved by council.



The best way to understand what can and can't go in your FOGO bin is to visit **recyclingnearyou.com.au/councils** and find your local council!

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Home Composting

FOOD ORGANICS GARDEN ORGANICS

If you have a garden, home composting is a great option. You can use a bin, create bays, or use a tumbler, depending on your garden size and your physical ability.



You can also add garden scraps to your compost, in fact you will need some dry, carbon rich materials, such as autumn leaves or straw to mix in with your juicy, nitrogen rich food scraps

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Home Composting

DOs & DON'Ts

To keep a healthy, working home compost, there are a few do's and don'ts.

- **DO** aerate regularly by turning the compost with a fork, aerator or use a tumbler system.
- **DO** choose a sunny spot for your composting site.
- **DO** accept the lovely worms and most other critters who will make your compost their home
- **DO** add a 50/50 combination of green and brown scraps:



Home Composting

BROWN & GREEN MATERIALS

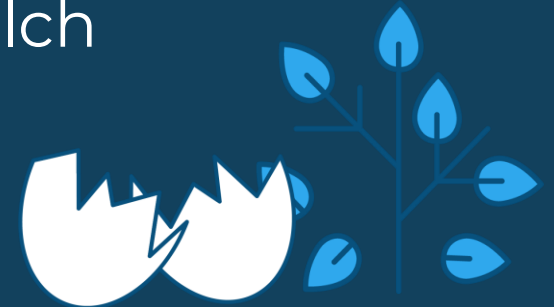
GREEN

- Veggie scraps
- Fruit scraps
- Small amounts of grain
- Loose tea leaves
- Coffee grounds
- Flowers and herbs



BROWN

- Dry leaves
- Shredded paper
- Uncoated cardboard
- Straw, or cane mulch
- Dry grass



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Home Composting

Dos & DON'Ts



- **DON'T** add these materials:
 - Meat & bones
 - Fish
 - Dairy & sweets
 - Pet waste (dog poo, kitty litter etc.)
 - Oils and grease
 - Large tree branches
 - “Biodegradable” or “degradable” packaging
 - Non- certified home compostable packaging
 - Plastics
 - Plastic coated cardboard
 - Large amounts of pasta or bread
 - Tea *bags*, or paper towels

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Worm Farming

NO GARDEN, NO WORRIES

If you have limited outdoor space, like a small courtyard or balcony, you might find a worm farm is a better option. Unlike a traditional compost, they don't require dry, brown garden materials.



Worm farms produce both a liquid fertilizer and solid fertilizer. Both are very rich, so make sure you use sparingly and water down.

Worm Farming

DOs & DON'Ts



Worm farms are a little different from home composting, as we are relying on particular worm species to do the job, we need to create the right environment for them.

- **DO** make sure to buy your worms from a local garden centre. These worm species are voracious and will get through your scraps quickly.
- **DO** house your worm farm in a shaded, but warm spot
- **DO** cover the top with a “worm blanket” or newspaper to help insulate.
- **DO** add material such as:
 - Veggie scraps
 - Fruit scraps
 - Loose tea leaves
 - Coffee grounds
 - Flowers and herbs
 - Newspaper
 - Egg shells

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Worm Farming

Dos & DON'Ts

- **DON'T** use worms from the garden. They are used to the slow life and won't get through your scraps.
- **DON'T** put the worm farm in full sunlight, they can overheat!
- **DON'T** add these materials:

Meat & bones

Fish

Dairy & sweets

Pet waste (dog poo, kitty litter etc.)

Oils and grease

Garden materials

"Biodegradable" or "degradable" packaging

Non- certified home compostable packaging

Plastics

Plastic coated cardboard

Large amounts of pasta or bread

Tea *bags*, or paper towels*



Get started!

SUBTITLE GOES HERE

Visit recyclingnearyou.com.au to find out more about:

- Food waste solutions
- Council food waste services
- Options for businesses/ offices to reduce or collect food waste

Or simply:

- Grab a compost bin or worm farm and get started this weekend!
- Plan your meals before visiting the shop next time.



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ALL YEAR ROUND

Don't stop the great work here! Get your office reducing, reusing and recycling all year round made easy with our recycling directory, resources and more.

RECYCLINGNEARYOU.COM.AU



@planetark #NationalRecyclingWeek

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Compost **troubleshoot**

BONUS!

Ants and cockroaches

Your compost is probably too dry. Add some water and mix. Add a few more green material than brown.

Bad smell

Your compost might be too wet, or missing oxygen. Add some dry, brown materials and aerate or mix through.

Rodents

You might be adding too much pasta or bread. It's also best to keep the lid closed. You may also want to line open bottomed bins with chicken wire.

Nothing happening

Compost likes it hot! Stir your compost, move to a sunny site, and/or add a compost starter (found at most garden centres)

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Worm farm **troubleshoot**

BONUS!

Ants and cockroaches

It's too dry! Add some water and mix carefully. If ants are persistent, place the legs of the worm far in containers of water (worm moat!)

Bad smell

Calm down on the food scraps! Your worms need time to settle in and breed. Add food scraps little by little until you notice a good rate of decomposition.

Fruit flies

Again, too much food! Fun fact: worms can regulate their breeding. If conditions are bad, they will stop laying eggs.

Too wet

Drain the worm juice! There will be a tap at the bottom of your worm farm, grab a bucket and collect!

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