

WHAT FOOD ITEMS CAN I PUT IN MY CURBSIDE COMPOST CONTAINER?

The following items can go into your compost container. **Have an item you're not sure about? Don't compost it!**

- Fruits and vegetables, including peelings, cores, pits, seeds, etc.
- All grain products
- Non-liquid dairy products. **No milk, please**, but foods prepared with dairy are acceptable.
- Meat and seafood (raw or cooked, including bones and shells)
- Eggs and egg shells
- Pizza and pizza boxes
- Coffee grounds, coffee filters, tea and tea bags
- Leftovers and plate scrapings
- Spoiled foods
- Paper clamshell to-go or doggie bag boxes from restaurants
- Uncoated paper that has been in contact with food: napkins, paper towels, and pizza boxes, as well as uncoated paper plates and uncoated coffee cups
- Compostable service ware, such as spoons, forks, plates, etc. that are certified ASTM D6400. The Biodegradable Products Institute has a list of ASTM D6400 certified items on their website at www.bpiworld.org/BPI-Public/Approved.html.

Items that are not acceptable for your compost container:

- Ashes from fireplace or grill
- Plastic, Styrofoam, metal or glass
- Foil- or plastic-coated paper, plates, bowls or cups
- Waxed or coated paper (such as meat-wrapping paper)
- Cigarette butts and ashes
- Hazardous or medical waste
- Saran wrap and cellophane
- Pet waste and litter



FOOD WASTE

Reduce food waste to save money and to lessen your impact on the environment.



QUESTIONS? Contact Recycling Coordinator Jane Wilch

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This guide provided by the City of Iowa City



Food waste makes up over

25%

of the material that goes into the Iowa City Landfill each year. That's around

34,000 TONS

per year!

[Waste Characterization Study, 2017]

WASTED FOOD MEANS WASTED MONEY & WASTED RESOURCES

Food waste is a growing problem with profound financial and environmental impact. When we throw away food, we also waste all the water and energy used to produce, package, and transport it from the farm to our plates. Making a few changes in our food-buying habits and using the City of Iowa City's curbside composting collection service can reduce waste and save money!

HELPFUL HINTS

- Reduce mess by wrapping food waste in newspaper before putting it in the container. **Residents are responsible for keeping containers clean.**
- If bags are used, they must be unlined paper or ASTM D6400 certified-compostable bags. **If in doubt, use paper.** Regular trash bags and single-use plastic bags are not compostable and will not be picked up.
- **Watch what goes in the container!** Clean, non-contaminated food waste is turned into clean, high-quality compost. Food waste that has been contaminated with plastic, metal, glass or other garbage makes low-quality compost and will *not* be picked up. If in doubt, throw it out!

REDUCE WASTED FOOD

SMART SHOPPING:

Buy only what you need. Food is too good to waste! Make a shopping list based on how many meals you expect to eat at home before your next shopping trip. Buy only what you expect to use; you'll be more likely to use it up and keep it fresh.

SMART STORAGE:

Keep produce fresh. Store produce so it stays fresh longer! The Fruits and Vegetables Guide posted on our website at icgov.org/foodwaste offers several great tips.

SMART PREP:

Prep now, eat later. Prepare perishable foods as soon as you get home from the Farmers Market or grocery store. It will be easier to serve snacks and meals later in the week, saving time, effort and money.

SMART SAVING:

Eat what you buy. Be aware of leftovers and ingredients that need to be used up. An "Eat me first" sign placed in a specific area in your fridge reminds you what needs to be eaten first. Find one at www.icgov.org/foodwaste.

COMPOST AT THE CURB



Residents with Iowa City curbside garbage collection can set out food waste at the curb (either with yard waste or in its own container) to be picked up and turned into compost at the Iowa City Landfill and Recycling Center's commercial compost facility. To participate in this service:

- Provide a leak-proof container (20-35 gallons) with a tight-fitting lid or see icgov.org/organics to get a cart from the City. Stickers are no longer needed as the cost is now included in your monthly utility bill.
- Set your container out by 7 a.m. on your regular trash, recycling and organics (food waste and yard waste) collection day. Your container must weigh less than 50 pounds.