

DON'T LET YOUR FOOD SCRAPS GO TO WASTE!

Food scraps account for almost 50% of Lake Oswego's garbage (by volume) every year. Composting food scraps reduces waste and creates nutrient-rich fertilizer.

Look inside for three simple steps to help you include the food in your new kitchen pail and turn your food scraps into compost.

Beginning June 1, 2016, you can add your food scraps to your green yard debris roll cart. Your garbage, recycling and yard debris carts will continue to be picked up weekly.

Three easy ways to get help:

1. Online:
www.lakeoswego.city/LOComposts
2. Phone:
503-635-0291
3. Email:
LOComposts@lakeoswego.city

If you have opted out of yard debris collection but would like to participate in this new program, please call Republic Services at 503-636-3011 to opt in.

TIPS FOR YOUR KITCHEN PAIL



- Empty your kitchen pail into your green roll cart frequently.
- Use an optional kitchen pail liner - newspaper or paper bags are recommended.
- Wash your kitchen pail in the dishwasher or by hand.
- Sprinkle baking soda in your kitchen pail and green roll cart to avoid odors.

TIPS FOR YOUR GREEN ROLL CART



- Set your green roll cart out weekly.
- Freeze food items and add to your green roll cart on your pickup day.
- Place sheets of newspaper on the bottom of your green roll cart to help absorb moisture.
- Use soap and water to clean your green roll cart. Pour dirty water onto grass or gravel, not down the storm drain.

Give your garbage disposal a break!

Resist using garbage disposals for food scraps. Grease, fats and oils are especially harmful and should go in your garbage. Give our sewer system a break and compost your food scraps instead!

INCLUDE THE FOOD



THREE SIMPLE STEPS FOR FOOD SCRAP COLLECTION

1



Place your kitchen pail in a convenient location in your kitchen and choose an optional liner.*

2



Include the food! Toss all food scraps and plate scrapings in the kitchen pail.

3



Empty your kitchen pail into your yard debris / compost roll cart along with your yard debris. Place your green roll cart out for weekly pickup.

PUT IT IN!



- meat
- poultry
- fish and shellfish
- bones
- eggs and eggshells
- cheese and dairy products
- bread and baked goods
- pasta
- rice and other grains
- beans, nuts and seeds



- vegetables
- fruit
- coffee grounds and filters
- tea bags
- paper napkins and paper towels
- pizza delivery boxes
- table scraps and plate scrapings
- leftovers



LEAVE IT OUT

- plastic and produce bags
- non-approved compostable plastic bags
- compostable plastic takeout containers and utensils
- paper plates and cups
- paper cartons
- fast food wrappers and packaging
- takeout containers
- coffee cups
- pet waste
- large amounts of grease, oil and liquid
- Styrofoam™
- metal
- glass
- corks



* Optional liner note: You can line your pail with newspaper or a paper bag. Do NOT use plastic bags or "compostable" bags.