

Why Recycle Food Scraps?

Food scraps are one of the largest components of trash sent to landfills and incinerators. However, food scraps are not trash. They are a resource that can be turned into useful compost.

Recycling food scraps into compost captures their nutrients and energy and returns them to the environment. When food scraps are sent to a landfill or incinerator, this resource is lost. In a landfill, food scraps create methane, which is a potent greenhouse gas that traps CO₂ and contributes to global warming. When sent to an incinerator, food scraps reduce the efficiency of the incinerator, because they contain water and therefore don't burn well.

Composting food scraps turns that story around! Instead of wasting energy trying to burn food, or creating methane from landfilling it, composting food scraps produces a useful and valuable product that gives back to our nutrient life cycle resulting in cleaner soil, water and air.

What is Compost?

Compost is a soil amendment which enriches our soil. When purchasing a bag of potting soil or observing your landscaper putting down "dirt," you are using compost.

Compost benefits our landscape by maximizing plant growth, preventing soil erosion, and mitigating the frequency of water, fertilizer and pesticide use.

By recycling your food scraps, you are reducing waste and creating compost — a double win!

**THANK YOU for your participation in
Stamford's Food Scrap Recycling Program!**



Sending Food Back to the Earth



City of Stamford



Recycling Guide

Food scrap recycling is easy!

Here's how to do it

1 Collect your food scraps in a countertop pail. Line your pail with a compostable bag — **no plastic bags, please.**

Compostable bags are available for purchase (roll of 25 for \$2.00/roll) at the City of Stamford Scale House (101 Harbor View Ave., M-F, 6am to 2pm) or at the Stamford Government Center, in Cashiering and Permitting (888 Washington Blvd, Ground Floor, M-F, 8:30am to 4pm).

Please bring cash or a check made out to City of Stamford.

2 Transfer to a larger bin. Most residents will fill the countertop pail with food scraps 3-4 times per week. Therefore it is suggested that you also have a larger bin — such as the 6-gallon green bin that's part of the starter kit the City sells at cost. (Anything that holds around 5-6 gallons and has a lid will work.) Use the larger bin to store your bagged food scraps, and when it's full, use this bin to take food scraps to the Katrina Mygatt Recycling Center. We recommend that your food storage bins are kept indoors — either in the house or garage.

3 Bring your larger bin to the Food Scrap Recycling drop-off containers at the Katrina Mygatt Recycling Center, 130 Magee Avenue, to dispose of your food scraps as often as needed.

ONLY SCRAPS IN COMPOSTABLE BAGS WILL BE ACCEPTED.

There is no drop-off charge.

This program is for residents only, not businesses, or schools.

Accepted items

All food, including **Leftover and Spoiled Food** (*cooked ok*)
Fruits and Vegetables (*remove stickers, bands, or ties*)
Meat and Poultry (*bones ok*)
Fish and Shellfish (*no oyster or clam shells*)
Dairy Products
Bread and Pasta
Rice and Grains
Egg Shells
Chips and Snacks
Nuts and Seeds
Coffee Grounds (*paper filters ok*)

and these things **Tea Bags** (*no staples*)
Cut Flowers
Compostable Bags (*no plastic bags*)
Paper Towels & Napkins (*no paper towels/napkins that have been used with chemical cleaners*)

Not accepted

Plastic bags, plastic packaging, and wrappers are never allowed in the bins. Plastic does not biodegrade and therefore will contaminate the compost. Use only compostable bags, paper bags, or no bags.

Baby/Hand wipes are never allowed in the bins. They are synthetic, do not biodegrade and will contaminate the compost.

No pet waste, please

Starter kits can be purchased at the City of Stamford Scale House (101 Harbor View Ave., M-S, 6am to 2pm) or at the Stamford Government Center in Cashiering and Permitting (888 Washington Boulevard, Ground Floor, M-F, 8:30am to 4pm) for \$20 (cash or check made out to City of Stamford). Kits include **one 2-gallon countertop pail, one 6-gallon home storage and transportation bin, and one roll of 25 compostable bags for your pail.**

For more information, go to stamfordct.gov/foodscraprecycling