

# Benefits of Food Recycling

Trashing Food Is Expensive Because Food Is Wet & Heavy to Haul Away and Store in a Landfill. Recycling Food Is a Much Better Option.

## Save Money!

Use less pay-as-you-throw trash bags each week.

Dispose of food trash for FREE.

Save trash hauling costs (tax dollars).  
Save landfill-related costs (tax dollars).

## Support Local Community!

Help Maine farms and agriculture

Create valuable end products--  
compost & energy

Promote food pantry donations

## Save Natural Resources!

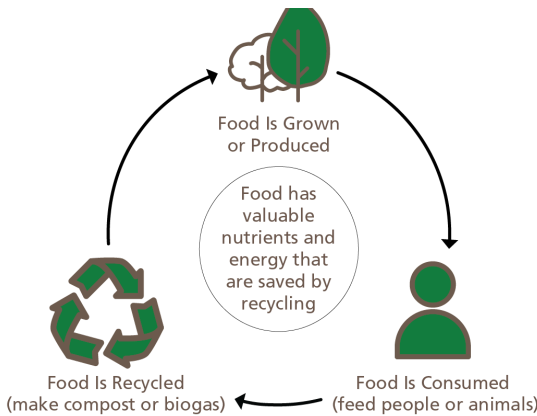
Protect Maine water and air

Build soil health

Mitigate climate change

# What is Food Recycling?

Food Recycling is the process of collecting and processing food that would otherwise be thrown away as trash and turning the food into new products like compost or renewable energy (biogas).



## How Do You Recycle Food?

1. Compost at home.
2. Use a free food recycling drop-off site
3. Subscribe to a curbside collection service.

# [Insert town name] Food Recycling

- What is Food Recycling?
- What are the Benefits?



## Maine Food - Too Good To Waste

# [town name] Food Recycling Station(s)



Locations: [drop off location address here] and add photo of the site above (example used was Portland Clark Street Community Garden)

For more information, please contact us at:  
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[umaine.edu/foodrescuemaine](http://umaine.edu/foodrescuemaine)

## Food Recycling DOs ALL FOOD (no packaging)

### Including:

Fruits and Vegetables  
Kitchen Food Scraps  
Eggs and Eggshells  
Leftover Food  
Flowers  
Coffee Grounds  
Meat and Bones  
Seafood and Shells  
Dairy, Cheese, Yogurt

## Food Recycling DON'Ts

Paper and Cardboard  
Trash  
Bottles and Cans  
Food Packaging  
Plastic and Compostable Ware  
Plastic Cups and Straws  
Beverage Cartons  
Plastic Bags and Wrap  
Paper Products  
Used Diapers

## For Even More Benefits - Reduce Wasted Food...

Save your time and money by preventing household food waste!

**Don't be fooled by date labels.**

**Shop with a list and buy only what you will eat each week.**

**Use meal planning to be sure to eat what you buy.**

**Store fresh food properly to prevent spoiling; the freezer is your friend for food storage.**

**Use food "hacks" for leftovers - create tasty treats!**

**If you have too much food, share or donate before it spoils**