

Food Waste

BREAKING IT DOWN

1 in every 3 food calories

that comes into the American home
leaves as waste without ever being eaten.

Once food enters the
landfill, it becomes a
ticking time bomb...

Food waste decomposes
and **releases methane**
into the atmosphere, a
known **greenhouse gas**.

So, how can we mitigate the worst environmental effects of food surpluses?

COMPOSTING



Visit [GreenNorman.org](https://www.GreenNorman.org) to learn more!

What is composting?

Composting is the recycling of the nutrients contained within some foods using natural cycles already at work in your yard.

To compost, simply collect and store plant material and certain food waste in a bin outside with a little bit of soil.

What do I get out of it?

- free organic fertilizer for your garden
- reduced trash can stinkiness
- warm fuzzy feeling

Does it Stink?

The presence of unpleasant odors is just a symptom of a correctable problem, usually an imbalance of too much **green** (kitchen waste) and not enough **brown** (yard waste).

Once you find that balance, your compost pile can join your trash can in smelling better than ever from your minimal effort to divert produce waste back to the soil where it belongs!

How Do I Start Composting?

Composting tumblers are available for purchase at local retailers, online, and from the City of Norman during the **annual rain barrel sale** - but they aren't necessary to start composting today!

What can I compost?

Broadly, if it came out of the ground... it can go back into it. But not all kitchen waste can be composted.



Meat and bones, as well as produce that has been cooked using added oils, remain bound for the landfill... unless you get a goat!

- YES** ■ **Produce** (uncooked fruit, vegetables, etc.)
- YES** ■ **Yard Waste** (grass, leaves, twigs)
- YES** ■ **Newspapers**
- YES** ■ **Cardboard** (Amazon boxes, amiright?)
- YES** ■ **Coffee Grounds**
- YES** ■ **Tea Bags**
- YES** ■ **Egg Shells**
- NO** ■ **Meat / Bones**
- NO** ■ **Non-organic Material** (plastic, stickers, glossy paper, metals)
- NO** ■ **Pet Waste**
- NO** ■ **Weather-treated Wood Byproducts**
- NO** ■ **Seed-bearing Plants**