

JULY COMMUNITY NEWSLETTER SUBMISSION

Green Cart tip – Five opportunities to collect food during kitchen clean-up

As weekly green cart collection is set to start for southwest communities the **week of July 17**, you'll be amazed at the amount of food and yard waste that's accepted in the green cart. Here are five times to remember to include the food from your kitchen clean up.

- 1. Preparing meals:** Instead of throwing out vegetable peels, eggshells and other food scraps, add them to your kitchen pail for composting.
- 2. Scraping plates:** Keep your kitchen pail visible and accessible and encourage everyone at home to help with the clean-up.
- 3. Cleaning the fridge of spoiled leftovers:** Give a second life to food that has spoiled by emptying it into the kitchen pail for composting.
- 4. Leftover grease and sauces:** Use a spatula or paper towel to scrape out excess grease. The paper towel is compostable too.
- 5. Paper plates and napkins from summer barbeques:** If a lot of guests are coming over, line your green cart with a paper yard waste bag and toss the paper plates and napkins inside for a no fuss solution.

Tip: To keep things neat and tidy, line your kitchen pail with a compostable bag or newspaper. You can also give your pail a quick rinse or put it in your dishwasher to clean it out.

For more tips and a complete list of what's accepted in the Green Cart, visit calgary.ca/greencart.