

Food Waste Facts

40% of food produced is never eaten

That wastes money three times: In the cost of food, the cost of making food, and the cost of disposing of food

Maine has the highest rate of food insecurity in New England

While Mainers throw away about 20% of their weekly grocery purchases, 1 in 5 Maine kids and 1 in 8 Maine adults are food insecure

The largest part of Maine's waste stream is food – about 30%

Food should not be in trash as it is wet and heavy so costs more to haul and dispose than actual trash

Maine Food – Too Good to Waste



Readfield-Wayne-Fayette Food Recycling Station

Location: Readfield Transfer Station

1 Recycle Rd. Readfield, ME

Hours: Tuesday, Wednesday, Friday 11:00 am – 6:00 pm

Saturday 8:00 am – 4:00 pm

Sunday: Closed

Food Recycling

What You can Do to Stop Food Waste

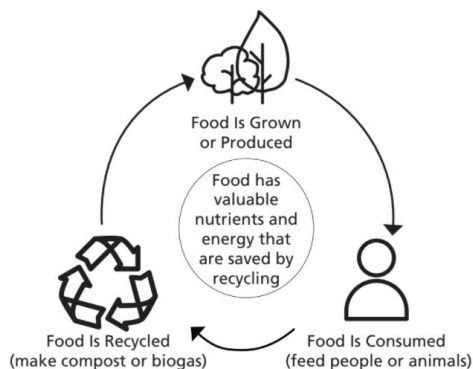


Senator George J. Mitchell
Center for Sustainability Solutions



What is Food Recycling?

Food Recycling is community wide composting. It allows for nutrients in food to be returned to the soil.



How Do You Recycle Food?

1. Home Composting
2. Community Collection
3. Curbside Collection

Food You CAN Recycle

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

Things You CAN'T Recycle

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

Other Things You Can Do To Reduce Your Food Waste

Donate Food: If the food is still in good condition donate it to your local food pantry before it goes bad

Store Your Food Properly: Make sure food that needs to be refrigerated is kept cold. Check that all lids are on containers so that they are airtight

Meal Planning: Planning your meals in advance helps to make sure that you only purchase foods that you need

Use Your Leftovers: There are plenty of recipes to use old leftovers or food scraps. Getting creative with those makes sure that they aren't thrown out

Check the labels: Anything that has a sell-by or use-by date may still be good after that date