

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.

Food scraps from our program are turned into clean energy at the anaerobic digester and compost.

What Is Compost?

Compost is a soil amendment which enriches our soil.

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 which will improve our soil - a double win!

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

City of Middletown

Food Scrap Recycling Guide



City of Middletown Recycling Division
860-638-4855
Recycling@middletownct.gov



Food Scrap Recycling It's Easy!

Here's How To Do It:

1. **COLLECT** your food scraps in a countertop pail. Although not required, you may line your pail with a BPI Certified compostable bag – *please absolutely no plastic bags*. Place the container on your counter, or under your sink, or any other location where it is easily accessible to put your food scraps.



2. Most residents will fill the countertop pail with food scraps 3-4 times per week. Therefore it is suggested that residents also have a larger bin to **TRANSFER** food scraps into for weekly storage. This larger bin can also be used for transportation of food scraps to the drop-off. Anything that holds around 5-6 gallons and has a lid will work. It is recommended that food storage bins be kept indoors – either in the house or in the garage.



3. **BRING** your transportation bin to the Food Scrap Recycling drop-off bins at the Recycling Center to dispose of your food scraps as often as needed.

All material is collected by Blue Earth Compost and brought an anaerobic digester facility where it is turned into compost and clean energy.

Drop-off Location and Hours:

The Food Scrap Recycling drop off is located at the Middletown Recycling Center (185 Johnson Street) during regular Recycling Center hours, Emergency Management Building, 675 Randolph Road (accessible 7 days a week/24 hours a day) or the Middletown Farmers Market on Fridays, 10am – 2pm.

Accepted Items:

- ALL FOOD, including:
 - Fruits and Vegetables (remove stickers, bands, ties)
 - Meat and Poultry (bones ok)
 - Fish and Shellfish (shells ok)
 - Dairy Products
 - Bread and Pasta
 - Rice and Grains
 - Egg Shells
 - Chips and Snacks
 - Nuts and Seeds
 - Leftover, Spoiled and Expired Food (cooked ok)
 - Coffee Grounds (paper filters ok)
- Tea Bags (no staples)
- Paper Towels and Napkins
- Cut Flowers
- Compostable Bags (no plastic bags)



Items 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 BPI certified compostable bags, paper bags or no bags.
- Please no pet waste.
- If unsure about an item, please call or email us before putting it in the bin.

The City of Middletown is currently offering a counter top kitchen scrap bucket free to residents who commit to the program. We also have larger transportation containers available to residents using the city drop offs. A commitment to participate must be signed to obtain these containers. Sample compostable bags will be available later in July.



QUESTIONS? Email

**Recycling@middletownct.gov or
call 860-638-4855**