

Eating Well While Wasting and Spending Less

In the United States, about 40% of all food goes to waste. That waste costs a family of four about \$1,500 each year and results in nearly 3 pounds of waste every day. At home, you can reduce your food waste by using the 3 R's — Reduce, Reuse and Recycle:

- Reduce your food waste at home. Make a list before you shop. Purchase only the amount of food that you need for the meals you will be eating at home. Avoid exotic ingredients that are needed for a single recipe. Adjust recipes to make the amount your family needs. Store leftovers in the refrigerator or freezer.
- Shop your own fridge and pantry. Look for items you need to use up and then search online for recipes that require them. You might discover a new family favorite.
- Reduce food waste at restaurants. If portions are large, share a full order with your companion. When you are full, put leftovers into a carry-out container. Better yet, bring your own reusable container from home and put leftovers into it. Remember to eat the leftovers soon!
- Mark one refrigerator shelf as the "eat first" section and put leftovers and items nearing their "best-by" dates there.
- Freeze food for future use. If you bought too many carrots, you can chop them up and freeze them. They'll be ready to toss into a nice soup this winter. Green peppers and onions can be chopped, frozen and pulled out to add to meatloaf or omelets.
- Create your own vegetable stock. Toss wilting vegetables and aging spices into a pot of water and let it simmer. Cool and freeze the stock for later use.
- Learn to make jams, jellies and homemade salsa to use up extra fruits and vegetables.
- Share unwanted food with friends and coworkers. Do you have leftover birthday cake? Invite a neighbor over for a slice or take the extra to work.
- Donate unneeded food products to local food banks and other charitable organizations. Go through your non-perishable boxed and canned goods regularly. If an item has been sitting in your pantry for six or more months, you probably aren't going to use it. Give it to someone who will eat it.
- Give away excess garden produce. Share nature's bounty with friends, neighbors and coworkers.
- Compost your food scraps. You can compost fruit and vegetable scraps, as well as bread, pasta, grains, coffee grounds and tea

bags, in your backyard compost bin or pile. Bury the food about 10 inches below the surface to discourage unwanted visitors. You can also compost food scraps in a vermicompost (worm composting) bin indoors or an in-ground food composter outdoors.



Credit: asieet | iStock | Getty Images Plus

Feed the Hungry and Reduce Food Waste

Donating edible food is one way that businesses can comply with the requirements of Assembly Bill 1826. Thanks to California's Good Samaritan Law, donors are protected from liability when donating food in good faith to non-profit organizations which, in turn, give the food away for free. To learn more about food donation, visit WasteNotOC.org.

For More Tips to Reduce Waste and Save Money

SaveTheFood.com

USDA.gov/foodlossandwaste

EPA.gov/sustainable-management-food



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Running a Clean Fleet

Renewable Natural Gas (RNG) has one of the lowest carbon intensities of all alternative fuel technologies on the market. In fact, using trucks powered by RNG helped Republic Services meet its emissions goals earlier than expected. In addition, our investments in Compressed Natural Gas trucks and fueling stations over the past 14 years made the use of RNG seamless. Best of all, in some cases, the source of fuel for our RNG-powered trucks originates at our own landfills. About 93% of our fleet in California runs on RNG.

Contact Us

**Collection Service, Billing,
Public Disposal Center**
714.238.2444

Household Hazardous Waste
714.834.6752

Residential Motor Oil Collection
800.449.7587

**Street Sweeping Citation,
Storm Drains, Sewers**
714.741.5375

*Republic Services is the **sole provider** of waste services in the City of Garden Grove.*



RepublicServices.com

See Something? Say and Do Something!



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When items are dumped illegally, whether on roadsides, in alleys, along creeks or on empty lots, it affects all of us. What begins as a nuisance and an eyesore can quickly grow as the dump site attracts more illegally dumped items. These piles become a breeding ground for disease-carrying rodents, insects and other pests.

They pose safety hazards to people, especially children. They can decrease surrounding property values. Plus, they cost taxpayers millions of dollars to clean up each year. Here's what you can do to help prevent and clean up illegal dumping:

- When you see litter, pick it up. An area that is clean and clear of litter

- is more likely to stay that way.
- Use appropriate containers for all of your recycling, waste and yard waste.
- Don't set large items that need to be disposed, such as appliances or furniture, outside until after you make a call to schedule a bulk-item pickup.
- When you spot an illegal dump site, don't ignore it. Instead, note the location and report it to your city.
- If you see someone dumping illegally, do not confront them. If possible, discreetly take a photo of the activity. Write down a description of the person and/or vehicle, as well as the license plate number. Call your police department's non-emergency number to report this activity.
- Take part in community cleanup programs to help keep your city looking good for residents and visitors.