

CALIFORNIA'S FOOD WASTE 101



COMPOST IN A JAR ACTIVITY

With the help of an adult, collect the items below and make your own compost in a jar. Check your compost each week and keep a log or take a picture of how it changes over time.

What you'll need:

- A clear jar with a lid (Example: A mason jar or empty peanut butter jar)
- A rubber band
- A paper towel or piece of cloth
- A piece of paper and something to write with and/or a camera to track your progress
- Water (1-2 tablespoons)
- Fruit or vegetable scraps, like a banana peel, cut into ½ inch or smaller pieces
- Organic material from outside such as leaves, dirt, and sticks
- Old newspaper cut or shredded into ½ inch pieces

PARENT'S CORNER

SB 1383 is a California Senate Bill that focuses on reducing and properly recycling food waste to reduce harmful greenhouse gas emissions such as methane in our State. Reducing greenhouse gas emissions like methane can help improve air quality and lessen the impacts on health conditions such as asthma.

All residents of Rancho Cucamonga are required to divert food waste from the landfill by collecting food scraps (i.e. fruits, vegetables, food-soiled paper, leftovers, etc.) in a bag and placing the secured food scraps bag into your green waste bin.

For additional information about organics recycling and SB 1383, visit www.CalRecycle.ca.gov/climate/slcp and/or www.CityofRC.us.

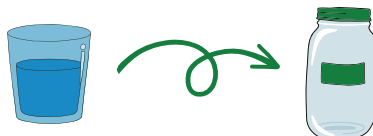
STEP 1

Combine one (1) part fruit or veggie scraps with two (2) parts leaves or shredded paper and one (1) part dirt in your jar (Note: you can fill your jar to the top).



STEP 2

Add a small amount of water, just enough to get everything moist.



STEP 3

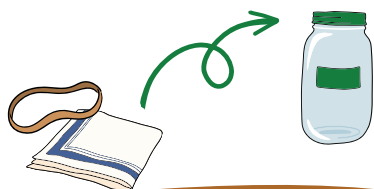
Place the lid on the jar and shake.



Make sure the lid is tight!

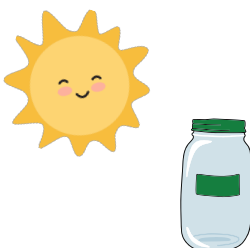
STEP 4

Take off the lid, place a paper towel or piece of cloth over the jar, and use a rubber band to secure it. This allows oxygen to reach the mixture to help it break down.



STEP 5

Leave the jar on a sunny windowsill or in a secure place outside.



STEP 6

Shake the jar once a week *don't forget to put the lid on first* for 5-6 weeks and track your progress with a written log and photos to show how quickly your food scraps and organic material break down into compost.

Be sure to note what breaks down first. Are the leaves gone? Do you still see bits of paper or pieces of food left?



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WASTE SORTING GAME

Match each piece of waste to its correct bin by drawing a line from the item to the recycling (blue), landfill (black), or compost (green) waste bin.



Compost (green) bin: coffee liner, pizza box, stick, banana, apple, chicken bone | Recycling (blue) bin: plastic bottle, glass box, cereal box, plastic chip bag and plastic bag | Landfill (black) bin: pizza box, stick, banana, apple, chicken bone

COLOR THE COMPOST CYCLE

Compost is made of decomposed organic material, and it's split between two different components: nitrogen and carbon. Or in other words, our greens and browns. Think of greens as our food waste, such as apple cores, orange peels, cookies, and pieces of pizza that provide nitrogen for the compost. The browns would be things like leaves, branches, and food-soiled papers. When we combine our greens and browns with soil we begin the process of composting.



FIND THE COMPOSTING ESSENTIALS



recycle
compost
food
scraps
wastebin
decompose
nitrogen
carbon
soil
climate
greens
browns

Read each question and select the correct answer. You can find the answers to these questions throughout this worksheet.

1. All the following can be composted except:

- A. Banana
- B. Greasy pizza box
- C. Leaves
- D. Plastic Chip bags

2. What bin does our bagged food waste go in?

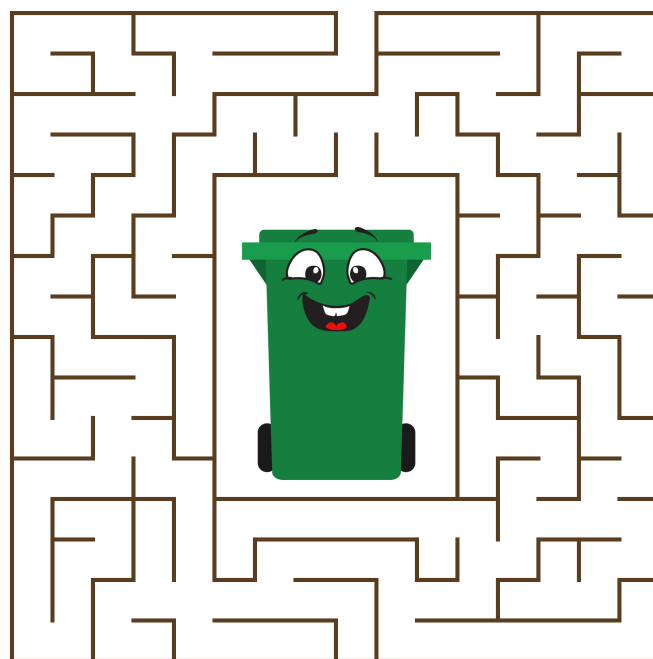
- A. Blue Recycling Bin
- B. Green Compost Bin
- C. Black Landfill Bin

3. Using compost in your garden ____ soil quality.

- A. Improves
- B. Hurts

Answer Key: 1: D. Plastic Chip Bags, 2: B. Green Compost Bin, 3: A. Improves

HELP GET THE FOOD WASTE TO BINNY



CALIFORNIA'S FOOD WASTE 101



Join California's Climate Food Fight!

Tossing food scraps and yard waste into the trash heats our climate.



Instead, recycle food scraps and yard waste into green products.



FOOD WASTE CHALLENGE

Do You Know How Much Food You Waste?

Join our food waste challenge. Each week keep a tally of how many bags of food waste you **throw in your green waste bin**. As a bonus challenge, weigh your food waste on a scale to see how many pounds will be transformed into beneficial compost. Share a photo of you and your food waste with the **#SustainableRC**.

Week #	# of Food waste Bags	*BONUS* Pounds of food waste
Week 1		lbs
Week 2		lbs
Week 3		lbs
Week 4		lbs
Total amount of food waste		lbs

Did you know that on average every American wastes **290 pounds of food a year**

