

Thank you for your participation in the 2015 Foodcycling Survey!  
We heard from **930** of you (!) and appreciate all of your comments and feedback.

Several respondents asked how to get their kids motivated to compost at home. Here are some tips for getting your kids involved in composting.

## Take a closer look at the Foodcycling loop!



- Food grows in healthy soil
- You eat the healthy food
- You throw your food scraps and food-soiled paper into the curbside compost cart
- Waste Management collects it
- It decomposes in a nearby composting facility
- It becomes fertile soil for growing food!

## Calling all Junior Foodcyclers!

As school is starting again, it's the perfect time for kids to get into another important routine - Foodcycling!

**Why is it important?** - Here are a few reasons why composting makes a big difference:

- By composting your food scraps and food-soiled paper you keep them out of the landfill.
- Even though food scraps are biodegradable, they need oxygen to break down. Buried in the landfill, they don't get oxygen and instead produce methane gas, one of the worst greenhouse gases that contribute to climate change.
- When you compost, your food scraps and food-soiled paper become nutrient-rich compost that is used by local gardens and farms to grow healthy food.



**What goes in?** - [Click here for Waste Management's Compost Guidelines](#) and post it near your kitchen compost container. You can review some of the top compostable items below:



## Compostable Spotlight on Lunch Bags!



Shiny paper bags are coated with plastic and can't be composted.

These go in the garbage.



Uncoated paper bags are compostable in your curbside compost cart. A better choice!



Reusable lunch bags come in a variety of colors, sizes and



**Make composting a habit and a family goal** - After meals, ask your kids to scrape their plates into your kitchen compost container. It makes a big difference - nearly 30 percent of what we throw away in our garbage are food scraps and food soiled paper that can be composted instead. Set a family goal to reduce the size of your garbage!

**Make it a Game** - Kids love to keep compost clean by removing produce stickers from fruits and vegetables.

[Download the new Trading Card](#), and have your kids complete it

for discounts on Cedar Grove compost. Teenagers will learn some great information by playing the [Garbology](#) online waste sorting game.



**Get Dirty** - Composting helps the earth and creates beautiful gardens and healthy food for us. You still have time to plant greens, beans, tomatoes, peppers, zucchini, and basil to be harvested in the fall. Younger kids will love seeing Curious George composting food scraps in this [episode clip](#)!



**Reduce Food Waste** - Reduce the amount of food scraps your family creates by teaching kids to only take what they will eat and eat leftovers before they need to be composted. Ask kids to bring their school

styles and cut back on daily waste. The best choice!

lunch leftovers home so you can see what doesn't get eaten.

Let's create a new generation of Foodcyclers together!

*Joel Kohlstedt, Diana Meeks and Michelle Metzler*