

Food Waste: Let's Compost!

Why Compost?

Food scraps and yard waste together make up more than 30% of what we throw away, and could be composted instead.

Making compost keeps these materials out of landfills while replenishing your lawn, trees, houseplants, or garden, for free!

Composting Basics:

1. **Composting materials:** **Greens**, including produce waste, coffee grounds, and grass clippings. **Browns**, including dead leaves, branches, and twigs. **Water**, compost piles should be about 50% water for decomposition and temperature regulation. **Air**, provides the necessary environment and speeds up the process.
2. **What to compost from the kitchen:** Fruits & vegetables, eggshells, coffee grinds, tea bags, nut shells, and breads & grains. **Do not** add dairy products, fats, grease, lard or oils, meat or fish scraps and bones. These ingredients slow the process, create odors, and attract pests like rodents and flies.
3. **Composting can be done two ways:** *Rapid (Hot) Method* or *Traditional (Cold) Method*. The Rapid Method requires more effort, however, it will produce large amounts of compost in a short period of time. The Traditional Method requires less labor and makes a batch of compost in about one year.



Learn How to Compost at: OC Waste & Recycling

<https://www.oclandfills.com/page/where-can-you-learn-about-composting-orange-county>

One Pan Potatoes & Chicken

Makes: 6 Servings

Ingredients:

4 medium potatoes, cut into ¾ inch cubes	2 tablespoons oil
1-pound chicken breasts, cut into ¾ inch cubes	1 cup salsa
	1 can whole kernel corn (15 ounces, drained)

Instructions:

1. Microwave potatoes 8-10 minutes until tender or cook on the top of the stove about 15 minutes until tender.
2. In large skillet, brown chicken in oil on high for 5 minutes.
3. Add potatoes; cook until potatoes are lightly browned.
4. Add salsa and corn. Cook until heated through.

Nutrition Facts:

Serving size: 1/6 of recipe, Total Calories: 285, Total Fat: 7g, Saturated Fat: 1g, Carbohydrates: 35g, Protein: 21g, Fiber: 4g, Sodium: 316 mg

