

# MUNICIPAL WASTE REDUCTION AND RECYCLING PROJECT

## PROGRESS REPORT FORM - Recycling Coordination/Education Projects

*A Progress Report is due in conjunction with payment requests.*

*You may use this form, or your own form using a similar format. Use additional sheets if necessary.*

<b>Grantee:</b>	<b>Ulster County Resource Recovery Agency</b>	<b>Contract No.</b>	
<b>Period covered by this report:</b>		<b>January 1<sup>st</sup> – March 31<sup>st</sup> 2022</b>	
<b>Person completing this report:</b>		<b>Angelina Brandt, Director of Sustainability</b>	

- Describe the activities from the contract Scope of Work which were completed during the time period of this report.

<b>Work Plan Objective</b>	<b>Progress This Quarter</b>	<b>Details</b>
<b>1. Addresses recycling complaints about businesses, apartments, and institutions, and promotes awareness of local recycling requirements and recycling guidelines to reduce contamination,</b>	✓	<ul style="list-style-type: none"> <li>Agency staff received and evaluated complaints from residents regarding recycling compliance issues.</li> <li>The Ulster County Annual Waste &amp; Recycling Report was conducted which is one of the mechanisms used to evaluate recycling compliance.</li> </ul>
<b>2. Completes planning unit reports related to measuring and tracking regulated recyclable materials, electronics recycling, organics recycling, household hazardous wastes,</b>	✓	<ul style="list-style-type: none"> <li>2021 MWRR Grant Quarterly/Final Report completed and submitted by January 31<sup>st</sup></li> <li>FSR Grant Progress Report completed and submitted by January 31<sup>st</sup></li> <li>HHW State Assistance Program Grant was completed and submitted by February 28<sup>th</sup></li> <li>HHW Collection Program Annual Report was completed and submitted by March 1<sup>st</sup></li> <li>Organics Recovery Facility Annual Report was completed and submitted by March 1<sup>st</sup></li> <li>Electronics Recycling Annual Report was completed and submitted by March 1<sup>st</sup></li> <li>Work was completed on the draft Local Solid Waste Management Plan Biennial Update (Report due May 1<sup>st</sup>)</li> <li>Ulster County Annual Waste &amp; Recycling Reports were due by February 28<sup>th</sup> Staff notified contact list, collected and tracked reports, and compiled metrics about local waste and recycling</li> </ul>

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<b>Grantee:</b>	<b>Ulster County Resource Recovery Agency</b>	<b>Contract No.</b>	<b>DEC01-C01826GG-3350000</b>
<b>Period covered by this report:</b>		<b>April 1 – June 30 2023</b>	
<b>Person completing this report:</b>		<b>Angelina Brandt, Director of Sustainability</b>	

- Describe the activities from the contract Scope of Work which were completed during the time period of this report.

<b>Work Plan Objective</b>	<b>Progress This Quarter</b>	<b>Details</b>
1. Addresses recycling complaints about businesses, apartments, and institutions, and promotes awareness of local recycling requirements and recycling guidelines to reduce contamination,	✓	<ul style="list-style-type: none"> <li>Executive Director hired a Recycling Compliance Officer in April 2023. Compliance Officer will primarily be responsible for all enforcement and compliance activities, but not education. Compliance Officer is not part of this workplan/personnel costs.</li> <li>The Recycling Outreach Team (ROT) promoted awareness of recycling requirements by maintaining website resources and discussing general recycling requirements during tours, presentations, site visits, etc. The ROT assists with providing educational supplies and resources to help reach Agency's compliance goals.</li> </ul>
2. Completes planning unit reports related to measuring and tracking regulated recyclable materials, electronics recycling, organics recycling, household hazardous wastes,		<ul style="list-style-type: none"> <li>No reports due during this Quarter.</li> </ul>

3. Conducts site visits and consultation services to implement or improve existing recycling, composting, or waste reduction programs,	✓	<p>No Site Visits were completed this Quarter.</p> <p><u>April</u> Some follow ups were conducted for the Ulster County Annual Waste &amp; Recycling Report which is one of the mechanisms used to educate large waste generators about improving their recycling programs. Direct mailings were sent to those who requested more information.</p> <p>ROT conducted extensive consultation services for potential Partners in Composting including; Lox of Bagels, Upriver Studios, City of Kingston, Common Table, and others.</p>
4. Updates/distributes program media such as guides, brochures, contacts lists, flyers, posters, recycling bin stickers, signs, or other media and promotional items to aid in recycling/composting programs,	✓	<ul style="list-style-type: none"> <li>• The ROT created new media, such as: <ul style="list-style-type: none"> <li>• New Poster for Bagged Compost Sales</li> <li>• New Poster for UCRRA HHW Program</li> <li>• UCRRA Promotional Items re-stock</li> <li>• Dual Stream Recycling Signs for Town Transfer Stations developed</li> <li>• UCRRA Master Composter Master Recycling Volunteer Training Program developed</li> <li>• New Media “What to Compost” rack card</li> </ul> </li> <li>• Upon request, the Recycling Outreach Team (ROT) mails media kits to local community groups, businesses, or local government, etc.</li> <li>• During facility tours and presentations, the ROT distributes media kits to all visitors or program participants.</li> <li>• Print copies of program media is available at the Main Office.</li> </ul>
5. Markets the availability and use of finished compost, and maintains US Composting Council Seal of Testing Assurance Program,	✓	<ul style="list-style-type: none"> <li>• Results from March 2023 compost testing yielded good results. March test results were received and reviewed in April and were posted to UCRRA website.</li> <li>• Compost was sampled and sent for testing again in June 2023.</li> <li>• The Agency complied with all requirements of the USCC Seal of Testing Assurance Program.</li> <li>• Staff participated in planning meetings to discuss and coordinate the launch of the bagged compost product and worked with website developer to establish an online store that the bagged compost can be sold and marketed through.</li> <li>• Staff developed new media to support the launch of the bagged compost program in April 2023.</li> <li>• Staff coordinated all aspects of new e-commerce platform for bagged compost sales, once operational.</li> </ul>
6. Acts as liaison for UCRRA Partners in Composting Program and UCRRA Dual Stream Recycling Program, and	✓	<ul style="list-style-type: none"> <li>• Onboarded a new Partner in the Agency’s Composting Program (City of Kingston) and advised on organics collection, coordination, educational materials, participant training, etc.</li> <li>• The ROT distributes recycling and composting information in the Main Office, to program participants at tours and classes, and via mail by request.</li> <li>• The ROT mails recycling literature to Municipal Recycling Drop</li> </ul>

strives to increase public participation in both programs,		Off Centers.
7. Facilitates presentations and workshops for businesses, schools, community groups, youth groups, and residents, to promote recycling, waste reduction, reuse, up-cycling, and composting,	✓	<p><u>April</u></p> <ul style="list-style-type: none"> <li>• 04/03 Moderator for “Expanding Food Scrap Drop Off Programs”</li> <li>• 04/11 “Intro to Home Composting” Class at Kingston Public Library</li> <li>• 04/13 “Composting for Kids” at Wrap Around School of Achievement</li> <li>• 04/14 “Composting for Kids” at Wrap Around School of Achievement</li> <li>• 04/17 “Intro to Home Composting” Class at Pine Hill Community Center in partnership with Town of Shandaken Conservation Advisory Council</li> </ul> <p><u>May</u></p> <ul style="list-style-type: none"> <li>• 05/02 “Intro to Bokashi Composting” for New Paltz Climate Smart</li> <li>• 05/05 “Composting for Kids Worms &amp; Seed Bombs” at Woodstock Library</li> <li>• 05/09 “Advanced Composting” Class at Pine Hill Community Center in partnership with Town of Shandaken Conservation Advisory Council</li> <li>• 05/13 “Recycling Bingo for Kids” at Woodstock Library</li> <li>• 05/15 “Intro to Home Composting” at Esopus Library</li> <li>• 05/19 “Upcycled Bags for Kids” at Woodstock Library</li> </ul> <p><u>June</u></p> <ul style="list-style-type: none"> <li>• 06/14 “Oceans of Possibilities” for Crosby Elementary School (2nd grade)</li> <li>• 06/21 “Composting for Kids” for Town of Esopus Public Library</li> </ul>
8. Tables at community events and fairs, and facilitates special recycling events for Earth Day, Compost Awareness Week, Plastic Free July, compost bin sales, or other recycling events	✓	<p><u>April</u></p> <ul style="list-style-type: none"> <li>• 04/22 Earth Day at UCRRA – Tree &amp; Shrub Give a Way</li> </ul> <p><u>May</u></p> <ul style="list-style-type: none"> <li>• 05/07 UCRRA Presents free screening of “Just Eat It – A Food Waste Story” at Upstate Films/Orpheum Theater in Saugerties</li> <li>• 05/20 UCRRA Spring Compost Bin &amp; Rain Barrel Sale at UCRRA</li> </ul> <p><u>June</u></p> <ul style="list-style-type: none"> <li>• None this month</li> </ul>
9. Conducts facility tours of the Material Recovery	✓	<p><u>April</u></p> <ul style="list-style-type: none"> <li>• 04/22 Tour for Soil &amp; Water Conservation District</li> <li>• 04/25 Tour for City of Kingston</li> </ul>



Facility, the Organics Recovery Facility, the Sustainable Living Center, and the home composting demonstration garden,		<u>May</u> <ul style="list-style-type: none"><li>• 05/02 Tour for White Feather Farm Crew</li></ul> <u>June</u> <ul style="list-style-type: none"><li>• 06/01 Tour for Cahill Elementary School (5th Grade)</li><li>• 06/07 Tour for Lox of Bagels</li><li>• 06/09 Tour for Upriver Studios</li><li>• 06/12 Tour for Culinary Institute of America</li><li>• 06/16 Tour for Town of Bethlehem Compost Facility Operators</li></ul>				
10. Promotes recycling/waste reduction/composting messaging through UCRRA website, social media, e-newsletters, podcasts, newspaper, radio advertising, bus ads, or other means of communication,	✓	<table><tr><td><b>Social Media</b></td><td><u>April</u> Promos for Spring Events &amp; Classes  <u>May</u> <u>ICAW Campaign</u>; Food is Too Good to Waste; Don't Treat Your Soil Like Dirt; Compost...It's Alive; Different Ways to Use Compost; How to Compost in Ulster County; Home Composting Basics; Indoor Composting; Composting Conserves Water; and more. Promos for UCRRA Compost Sales, UCRRA Events &amp; Classes  <u>June</u> Promos for UCRRA Volunteer Programs, UCRRA Events &amp; Classes</td></tr><tr><td><b>Radio</b></td><td><u>April</u> <b>"Spring Compost Bin Sale"</b> Attention Green Thumb Gardeners! U C R R A is offering a Compost Bin &amp; Rain Barrel Sale! For a limited time, pre-order from a wide selection of home compost bins and tools, and pick up supplies at our one day special event in Kingston. To pre-order online, visit UCRRA.ORG <b>"Earth Day Every Day"</b> Make Earth Day every day with more sustainable choices. This is Angelina Brandt, Director of Sustainability at the Ulster County Resource Recovery Agency. Our mission is to manage Ulster County's waste, while protecting public health and our environment. We've all heard of reduce, reuse, recycle, but there's so much more we can do! U-C-R-R-A offers free educational classes, resources for schools and businesses, and more. Learn how YOU can make a difference and make earth day every day. Visit UCRRA.ORG  <u>May</u> <b>"Reduce Food Waste – ICAW Message"</b>- airs all month long Food is TOO GOOD to waste...Did you know the average family could save \$1500 every year by eating food</td></tr></table>	<b>Social Media</b>	<u>April</u> Promos for Spring Events & Classes  <u>May</u> <u>ICAW Campaign</u> ; Food is Too Good to Waste; Don't Treat Your Soil Like Dirt; Compost...It's Alive; Different Ways to Use Compost; How to Compost in Ulster County; Home Composting Basics; Indoor Composting; Composting Conserves Water; and more. Promos for UCRRA Compost Sales, UCRRA Events & Classes  <u>June</u> Promos for UCRRA Volunteer Programs, UCRRA Events & Classes	<b>Radio</b>	<u>April</u> <b>"Spring Compost Bin Sale"</b> Attention Green Thumb Gardeners! U C R R A is offering a Compost Bin & Rain Barrel Sale! For a limited time, pre-order from a wide selection of home compost bins and tools, and pick up supplies at our one day special event in Kingston. To pre-order online, visit UCRRA.ORG <b>"Earth Day Every Day"</b> Make Earth Day every day with more sustainable choices. This is Angelina Brandt, Director of Sustainability at the Ulster County Resource Recovery Agency. Our mission is to manage Ulster County's waste, while protecting public health and our environment. We've all heard of reduce, reuse, recycle, but there's so much more we can do! U-C-R-R-A offers free educational classes, resources for schools and businesses, and more. Learn how YOU can make a difference and make earth day every day. Visit UCRRA.ORG  <u>May</u> <b>"Reduce Food Waste – ICAW Message"</b> - airs all month long Food is TOO GOOD to waste...Did you know the average family could save \$1500 every year by eating food
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			<p>before it goes to waste? Make a difference by planning meals, making a shopping list, and learning how to properly store food so it doesn't spoil. Get creative and transform things you wouldn't ordinarily think to eat, turning them into casseroles, soups, salad dressings, more! And when food does go to waste, let's recycle it by composting! It's Compost Awareness Week! This message from Ulster County Resource Recovery Agency. Learn more <a href="http://UCRRA.org">UCRRA.org</a></p> <p><b>"Spring Compost Bin Sale" -airs first 2 weeks of May</b> Attention Green Thumb Gardeners! UCRRA is offering a Compost Bin &amp; Rain Barrel Sale! For a limited time, pre-order from a wide selection of home compost bins and tools, and pick up supplies at our one day special event in Kingston. To pre-order online, visit <a href="http://UCRRA.ORG">UCRRA.ORG</a></p> <p><b>"Grow Ulster Green -airs first 2 weeks of May</b> Let's Grow Ulster Green! ...Our composting program accepts food scraps from restaurants, commercial businesses, schools, and municipalities – and turns it into compost at our industrial scale Organics Recovery Facility in Kingston. Let us transform your trash into treasure and help you become a local leader in sustainability... Composting is a climate smart solution, reducing pollution and solid waste sent to landfills. We're connecting communities through composting, and YOU can make a difference. To learn more, visit <a href="http://UCRRA.org">UCRRA.org</a></p> <p><u>June</u></p> <p><b>"Recyclopedia" – airs all month long</b> Before throwing something in the trash, have you ever wondered – is there a better way to recycle this? This is Angelina Brandt, Director of Sustainability at the UCRRA . Visit our online A – to-Z Recyclopedia and find out the best way to get rid of things like old paints, chemicals, tires, air conditioners, electronics, and more! Visit <a href="http://UCRRA dot org">UCRRA dot org</a> and follow our stories @UCRRA</p> <p><b>"Grow Ulster Green -airs last 2 weeks in June</b> Let's Grow Ulster Green! ...Our composting program accepts food scraps from restaurants, commercial businesses, schools, and municipalities – and turns it into compost at our industrial scale Organics Recovery Facility in Kingston. Let us transform your trash into treasure and help you become a local leader in sustainability... Composting is a climate smart solution, reducing pollution and solid waste sent to landfills. We're connecting communities through composting, and YOU can make a difference. To learn more, visit <a href="http://UCRRA.org">UCRRA.org</a></p>
		<b>Print</b>	<u>April</u>

		<ul style="list-style-type: none"> <li>• 4/12 Print Ad “Compost Bin Event” (Ulster Publishing/HV One)</li> <li>• 4/12 Hey Kingston Newsletter “Compost Bin Event”</li> <li>• 4/5 – 28 Digital Ad “Compost Bin Event” (Ulster Publishing/HV One)</li> <li>• Sunday 4/9 – “Bagged Compost Sales” (Daily Freeman)</li> <li>• 4/10-30 Digital Ad “Compost Bin Event” (Daily Freeman)</li> <li>• Sunday 4/16 Print Ad “Compost Bin Event” (Daily Freeman)</li> <li>• 4/19 Print Ad “Spring Classes at UCRRA” in Explore Spring Magazine – Spring in the Valley (Ulster Publishing/HV One)</li> <li>• Sunday 4/23 Print Ad “Spring Classes at UCRRA” (Daily Freeman)</li> <li>• Sunday 4/20 Print Ad “Bagged Compost Sales” (Daily Freeman)</li> <li>• 4/10- 4/30 Digital Ad “Bagged Compos Sales” (Daily Freeman)</li> </ul> <p><u>May</u></p> <ul style="list-style-type: none"> <li>• 05/03 Print Ad “Bagged Compost Sales” (Ulster Publishing/HV One)</li> <li>• 5/03 – 5/16 Digital Ad “Bagged Compost Sales” (Ulster Publishing/HV One)</li> </ul> <p><u>June</u></p> <ul style="list-style-type: none"> <li>• 06/18 – 06/25 Digital Ad “Become a Master Composter Master Recycler” (21st Century Media/Daily Freeman)</li> <li>• 06/18 – 06/30 Digital Ad “Become a Master Composter Master Recycler” (Ulster Publishing/HV One)</li> </ul>
	<b>News Letter /Blog</b>	<p><a href="#">View all blog articles linked here.</a></p> <p><u>April</u></p> <ul style="list-style-type: none"> <li>• No blog this month</li> <li>• April Newsletter <a href="https://mailchi.mp/ucrra/april2023">https://mailchi.mp/ucrra/april2023</a></li> </ul> <p><u>May</u></p> <ul style="list-style-type: none"> <li>• New blog article “2023 Compost Awareness Week” May ICAW Newsletter <a href="https://mailchi.mp/ucrra/may2023">https://mailchi.mp/ucrra/may2023</a></li> </ul> <p><u>June</u></p> <ul style="list-style-type: none"> <li>• New blog article “Community Spotlight: Second Nature Refillery</li> <li>• New blog article “Community Spotlight: Black Cat Bulk Goods</li> <li>• June MCR Newsletter <a href="https://mailchi.mp/ucrra/master-composter-recycler-program">https://mailchi.mp/ucrra/master-composter-recycler-program</a></li> </ul>
	<b>Web</b>	<p><u>April - May</u></p> <p>UCRRA Spring Compost Bin &amp; Rain Barrel Sale launched.</p>

		<p>Pre order online at <a href="https://ulster.compostersale.com/">https://ulster.compostersale.com/</a></p> <p>UCRRA Bagged Compost online sale portal launched in April. Pre order online at <a href="http://ucrra.org/shop">http://ucrra.org/shop</a></p> <p><u>June</u> A new webpage <a href="https://ucrra.org/volunteer/">https://ucrra.org/volunteer/</a> was created.</p>
		<p><b>Other</b> The Recycling Outreach Team responded to questions and inquiries through social media, the Recycling Hotline, direct emails, and through the contact us submissions through UCRRA website.</p> <p>Other communication strategies include:</p>
<p><b>11.</b> Attends and participates in conferences, seminars, and groups or meetings related to regional recycling, organics, waste reduction, or product stewardship initiatives</p>	✓	<p><u>April</u></p> <ul style="list-style-type: none"> <li>• 04/03-04/06 – Staff attended the 9th Annual NYS Organics Summit</li> <li>• 04/11 – Webinar: New York Solid Waste Management Plan</li> <li>• 04/11 Webinar: Materials Reuse Forum - Measuring Economic Impacts of Reuse</li> <li>• 04/10 – NYS Association of Reduction, Reuse, Recycling (NYSAR3) Young Professionals Committee</li> <li>• 04/20 - (NYSAR3) MEDI+ Committee</li> <li>• 04/26 Hudson Valley Materials Management Working Group Meeting</li> </ul> <p><u>May</u></p> <ul style="list-style-type: none"> <li>• 05/01 Interview with Second Nature Refillery, New Paltz</li> <li>• 05/11 Kingston Farmers Market &amp; The Ozone Composting Partnership</li> <li>• 05/21-05/24 – Staff attended the Federation Solid Waste Association Strive for Sustainability Annual Conference</li> <li>• 05/03, 05/10 – NYS Association of Reduction, Reuse, Recycling (NYSAR3) Young Professionals Committee</li> <li>• 05/18 - (NYSAR3) MEDI+ Committee</li> </ul> <p><u>June</u></p> <ul style="list-style-type: none"> <li>• 06/15 - (NYSAR3) MEDI+ Committee</li> <li>• 06/22 – NYSAR3 Young Professionals Committee</li> <li>• 06/20 NYSAR Organics Council</li> <li>• 06/20 Ulster County Fair Education Working Group</li> <li>• 06/15 - (NYSAR3) MEDI+ Committee</li> </ul>
<p><b>12.</b> Plans, implements, directs, and reports on the Agency's Household Hazardous Waste Program and</p>	✓	<p>Agency staff coordinated all necessary documentation and planning to facilitate the 2023 Household Hazardous Waste Collection Program.</p> <p>The Agency will host four events in 2023</p>

promotes awareness of safe disposal practices and alternatives to household hazardous wastes		<ul style="list-style-type: none"> <li>○ Sat. April 29th in NEW PALTZ</li> <li>○ Sun. June 25th in KINGSTON</li> <li>○ Sat. August 19th in NEW PALTZ</li> <li>○ Sun. October 22nd in KINGSTON</li> </ul>
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2. List the work products from the contract which were completed. Provide copies of any completed work products, if applicable.

The following items are presented as a Media Sample for this quarter -

- Miscellaneous program photos
- Print Advertising design proof, referenced in item #10
- Miscellaneous class/event fliers
- New media samples referenced in item #4
- December 2022 (as well as historical) compost test results are available on the Agency's webpage <https://ucrra.org/compost-for-sale/compost-test-results/>
- Samples of social media content can be viewed on the Agency's [facebook page linked here](#) [Instagram account linked here](#), and [Youtube channel linked here](#)
- PDF copies of the presentations and reports described here are available upon request (large file size)

3. Add *any other information to help evaluate the success of this project.*

The Recycling Outreach Team (ROT) successfully completed 11/12 tasks under this project this quarter. The ROT collects program tracking data to help evaluate the success and reach of the program and strategies used to meet the project objectives.

A total of 275 adults and 318 youth directly participated in programs associated with this project this quarter, totaling 51 hours of direct community engagement in educational workshops and tours. The ROT conducted 13 public speaking events, tabled at 3 community events, and facilitated 8 guided tours of the recycling and composting facility. These are typical metrics for this time of year. A large focus on outreach initiatives this quarter was the Spring compost season and new compost sales, international compost awareness week, and volunteer recruitment for the new Master Composter-Recycler program. The Recycling Outreach Team responded to questions on the Agency's recycling hotline. The ROT tracked 476 recycling-related phone calls, totaling approximately 30.6 hours of educational service over the hotline. The Recycling Outreach Team grew its social media audience. By the end of the quarter, there were 2835 followers on Facebook, and 1119 followers on Instagram. By the end of the quarter, the Agency's Youtube Channel had 239 total views, or 5 hours of viewing due to the new advertising strategy. Newsletter subscribers increased slightly, totaling 4,662 by the end of quarter. The ROT continues to look for new tools and innovative methods to reach a wider audience and enhance program offerings that inform and help improve local waste reduction, recycling, and composting programs.

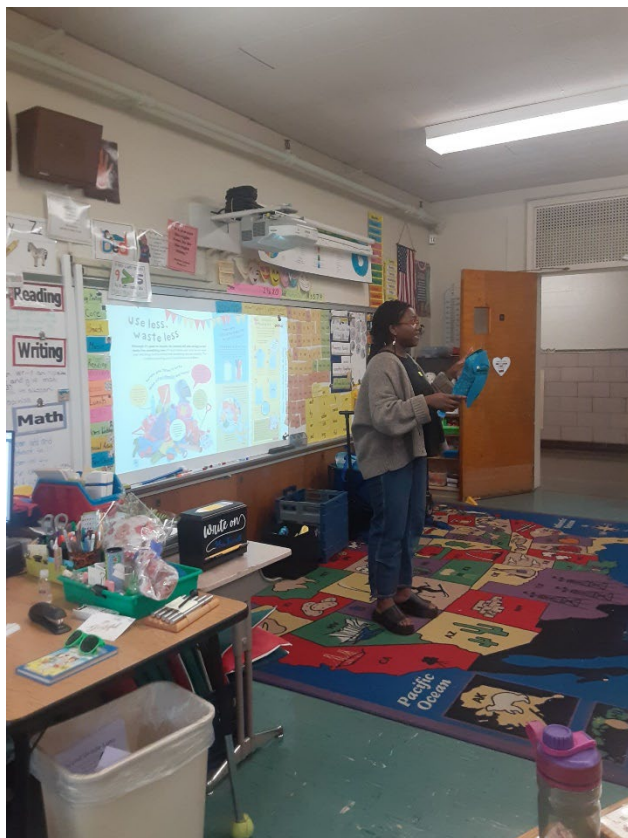




*Following a consultation with UCRRA last year the Orpheum Movie Theater now has a “composting” program. Waste popcorn is collected and fed to chickens at a local farm.*



*The UCRRA Recycling Outreach Team greets movie-goers at “JUST EAT IT” on May 7<sup>th</sup>. Each participant received “kits” of reusable produce bags, food waste reduction guides, home composting info, and more.*



*The UCRRA Recycling Outreach Team visits Crosby Elementary School for “Oceans of Possibilities” program about ocean plastic pollution. (LEFT) Tanesia White explains upcycling. (ABOVE) Angelina Brandt guides students in an upcycling activity to make a sea creature.*



*The UCRRA Recycling Outreach Team visits Riccardi Elementary School for “Composting for Kids” program about vermicomposting, finished compost, and pollinators.*





# **UCRRA NOW OFFERING BAGGED COMPOST \$5 PER BAG**

**PRE-ORDER & PAY ONLINE**

**[WWW.UCRRRA.ORG/SHOP/](http://WWW.UCRRRA.ORG/SHOP/)**

**PICK UP SATURDAYS ONLY**

**8 AM - 2 PM**

SCAN ME



Orders received before 12 PM on Fridays are available on the upcoming Saturday. Orders received after 12 PM on Friday must be picked up on the following Saturday.

All sales are final.



Let's Grow Ulster Green



SCAN ME

# ULSTER COUNTY RESOURCE RECOVERY AGENCY

📍 999 Flatbush Road, Kingston 📞 845-336-3336 📷 @UCRRA

## 2023 SPRING CLASSES

### INTRO TO BOKASHI COMPOSTING

**TUES, MAY 2ND**  
**7 PM – 8:30 PM**

**New Paltz  
Community Center**  
3 Veterans Dr, New  
Paltz, NY 12561

### COMPOSTING FOR KIDS!

**FRI, MAY 5TH**  
**4 PM – 5:30 PM**

**Woodstock Public  
Library District**  
5 Library Ln,  
Woodstock, NY 12498

### JUST EAT IT: A FOOD WASTE STORY

**FREE DOCUMENTARY  
SCREENING!**

**SUN, MAY 7TH**  
**12:30 PM**  
**Orpheum Theatre**

### ADVANCED COMPOSTING

**TUES, MAY 9TH**  
**1 PM – 2:30 PM**

**Pine Hill Community  
Center**  
287 Main St, Pine Hill,  
NY 12465

### RECYCLING BINGO FOR KIDS!

**FRI, MAY 12TH**  
**4 PM – 5:15 PM**

**Woodstock Public  
Library District**  
5 Library Ln,  
Woodstock, NY 12498

### INTRO TO HOME COMPOSTING

**MON, MAY 15TH**  
**2 PM – 3:30 PM**

**Town of Esopus  
Library**  
128 Canal St, Port  
Ewen, NY 12466

**ONE DAY  
ONLY!**  
156 MAIN ST,  
SAUGERTIES,  
NY 12477

**VISIT [WWW.UCRRR.ORG/EVENTS-CLASSES](http://WWW.UCRRR.ORG/EVENTS-CLASSES)**

# ULSTER COUNTY RESOURCE RECOVERY AGENCY

📍 999 Flatbush Road, Kingston 📞 845-336-3336 📷 @UCRRA

## 2023 SPRING CLASSES



### INTRO TO BOKASHI COMPOSTING

**TUES, MAY 2ND  
7 PM – 8:30 PM**

**New Paltz  
Community Center**

**3 Veterans Dr,  
New Paltz, NY 12561**

### COMPOSTING FOR KIDS!

**FRI, MAY 5TH  
4 PM – 5:30 PM**

**Woodstock Public  
Library District**

**5 Library Ln,  
Woodstock, NY 12498**

### JUST EAT IT: A FOOD WASTE STORY

**FREE DOCUMENTARY  
SCREENING!**

**SUN, MAY 7TH  
12:30 PM**

**Orpheum Theatre**

### ADVANCED COMPOSTING

**TUES, MAY 9TH  
1 PM – 2:30 PM**

**Pine Hill  
Community Center**

**287 Main St,  
Pine Hill, NY 12465**

### RECYCLING BINGO FOR KIDS!

**FRI, MAY 12TH  
4 PM – 5:15 PM**

**Woodstock Public  
Library District**

**5 Library Ln,  
Woodstock, NY 12498**

### INTRO TO HOME COMPOSTING

**MON, MAY 15TH  
2 PM – 3:30 PM**

**Town of Esopus  
Library**

**128 Canal St,  
Port Ewen, NY 12466**

**ONE DAY  
ONLY!**

**156 MAIN ST,  
SAUGERTIES,  
NY 12477**

**SCAN ME**



**[WWW.UCRR.ORG/EVENTS-CLASSES](http://WWW.UCRR.ORG/EVENTS-CLASSES)**

# ULSTER COUNTY RESOURCE RECOVERY AGENCY

📍 999 Flatbush Road, Kingston 📞 845-336-3336 📷 @UCRRA



## NOW OFFERING BAGGED COMPOST \$5 PER BAG

### PRE-ORDER & PAY ONLINE

[WWW.UCRRRA.ORG/SHOP/](http://WWW.UCRRRA.ORG/SHOP/)

### PICK UP SATURDAYS ONLY

### 8 AM - 2 PM



Orders received before 12 PM on Fridays are available on the upcoming Saturday. Orders received after 12 PM on Friday must be picked up on the following Saturday. All sales are final.



This Compost Product has been sampled and tested as required by the STA Program of the United States Composting Council. Test results are available online at [www.UCRRRA.org](http://www.UCRRRA.org) or upon request by calling UCRRA at 845-336-0600. The US COMPOSTING COUNCIL makes no warranties regarding this product or its contents, quality, and suitability for any particular use.

# ULSTER COUNTY RESOURCE RECOVERY AGENCY CELEBRATES COMPOST AWARENESS WEEK

📍 999 Flatbush Road, Kingston 📞 845-336-3336 📷 @UCRRA

## SPRING COMPOST BIN & RAIN BARREL SALE

**PRE-ORDER ONLINE BY MAY 19TH:**  
[WWW.UCRRRA.ORG/EVENTS-CLASSES/](http://WWW.UCRRRA.ORG/EVENTS-CLASSES/)

**PICK UP ONE DAY ONLY:**  
**SAT MAY 20TH 2023, 9AM - 1PM**

UCRRA MAIN OFFICE  
999 FLATBUSH ROAD, KINGSTON, NY 12401



**SPECIAL OFFER FOR ULSTER COUNTY RESIDENTS:**  
INCLUDED WITH EVERY BIN PURCHASE IS OUR  
**FREE GIFT – A 2 GALLON KITCHEN COLLECTION  
CADDY TO HELP MAKE HOME COMPOSTING CLEAN  
AND EASY.**



Disclaimer: UCRRA does not make any warranty or representation, expressed or implied, regarding the compost bins or other equipment offered for sale by BrandBuilders, LLC. Purchasers must direct any questions, claims or disputes regarding their purchase to BrandBuilders LLC.



# ULSTER COUNTY RESOURCE RECOVERY AGENCY CELEBRATES COMPOST AWARENESS WEEK (ICAW)

📍 999 Flatbush Road, Kingston 📞 845-336-3336 📷 @UCRRA

## ICAW CLASSES

### COMPOST BIN & RAIN BARREL SALE

PRE-ORDER ONLINE BY MAY 19TH

PICK UP ONE DAY ONLY:

**SAT MAY 20TH 2023, 9AM - 1PM**

UCRRA MAIN OFFICE

999 FLATBUSH ROAD, KINGSTON, NY 12401

### INTRO TO BOKASHI COMPOST

TUES, MAY 2ND

6 PM – 7:30 PM

WITH THE TOWN OF NEW PALTZ  
CLIMATE SMART TASK FORCE

### COMPOSTING FOR KIDS!

FRI, MAY 5TH

4 PM – 5:30 PM

WOODSTOCK PUBLIC LIBRARY

5 LIBRARY LANE, WOODSTOCK, NY 12498

### JUST EAT IT: A FOOD WASTE STORY

FREE DOCUMENTARY SCREENING!

ONE DAY ONLY: **SUN, MAY 7TH, 12:30 PM**

THE ORPHEUM THEATER

156 MAIN ST SAUGERTIES NY

### ADVANCED COMPOSTING

TUESDAY MAY 9TH

1 PM – 2:30 PM

WITH TOWN OF SHANDAKEN CONSERVATION  
ADVISORY COUNCIL

### INTRO TO COMPOSTING

MONDAY MAY 15TH

2 PM – 3:30 PM

ESOPUS PUBLIC LIBRARY

128 CANAL ST, ESOPUS, NY 12466

SCAN ME



VISIT [WWW.UCRRRA.ORG/EVENTS-CLASSES](http://WWW.UCRRRA.ORG/EVENTS-CLASSES)





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SCAN ME



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# ULSTER COUNTY RESOURCE RECOVERY AGENCY CELEBRATES COMPOST AWARENESS WEEK

📍 999 Flatbush Road, Kingston 📞 845-336-3336 📷 @UCRRA



## SPRING COMPOST BIN & RAIN BARREL SALE



SCAN ME



**PRE-ORDER ONLINE BY MAY 19TH:**  
[WWW.UCRRRA.ORG/EVENTS-CLASSES/](http://WWW.UCRRRA.ORG/EVENTS-CLASSES/)

**PICK UP ONE DAY ONLY:**  
**SAT MAY 20TH 2023**  
**9AM - 1PM**

UCRRA MAIN OFFICE  
999 FLATBUSH ROAD,  
KINGSTON, NY 12401



**SPECIAL OFFER FOR ULSTER  
COUNTY RESIDENTS:**

INCLUDED WITH EVERY BIN  
PURCHASE IS OUR **FREE GIFT** – A 2  
**GALLON KITCHEN COLLECTION**  
**CADDY** TO HELP MAKE HOME  
COMPOSTING CLEAN AND EASY.





# Ulster County Resource Recovery Agency



Become a Certified  
Master Composter  
Master Recycler  
Volunteer



FREE training offered in July  
Learn more [UCRRA.ORG/VOLUNTEER](https://www.ucrra.org/volunteer)





Ulster County Resource Recovery Agency

**Become a Certified  
Master Composter  
Master Recycler  
Volunteer**



FREE training offered in July

Learn more [UCRRA.ORG/VOLUNTEER](https://www.ucrra.org/volunteer)

# ULSTER COUNTY RESOURCE RECOVERY AGENCY CELEBRATES COMPOST AWARENESS WEEK

IN COLLABORATION WITH  
SHANDAKEN CONSERVATION ADVISORY COUNCIL

📍 287 Main St, Pine Hill, NY

☎ 845-336-3336 📷 @UCRRA

## INTRO TO HOME COMPOSTING

MONDAY, APRIL 17TH 2023

4:00 - 5:30 PM

### PINE HILL COMMUNITY CENTER

This free workshop is designed for new/beginner composters looking to get started. The class will introduce the environmental and horticultural benefits of composting and the basic principles of how to do it correctly. Participants will learn about the various compost bin options and the pros and cons of each composting system.

PLEASE PRE-REGISTER FOR THESE  
CLASSES, WALK-INS ARE ALSO  
WELCOMED AS SEATING ALLOWS

SCAN ME



SCAN ME



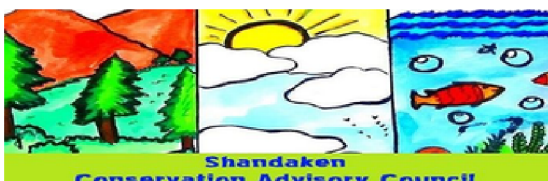
## ADVANCED COMPOSTING

TUESDAY, MAY 9TH 2023

1:00 - 2:30 PM

### PINE HILL COMMUNITY CENTER

This free advanced composting class is ideal for home composters who have a few years of experience with backyard composting methods. For those who understand the basics, but want to "up their game," let us help you to learn more skills and tricks to make that "gardener's black gold" as quickly as possible!





# SPRING COMPOST BIN & RAIN BARREL SALE

HOSTED BY ULSTER COUNTY RESOURCE RECOVERY AGENCY'S  
RECYCLING OUTREACH TEAM

Let us help you start composting with confidence!  
Pre-order online and pick up your order at our  
**ONE DAY ONLY** special event:

**SATURDAY MAY 20th 2023**  
**9 AM - 1 PM**

**UCRRA MAIN OFFICE**

**999 Flatbush Road, Kingston, NY 12401**



**VISIT [WWW.UCRRA.ORG/EVENTS-CLASSES](http://WWW.UCRRA.ORG/EVENTS-CLASSES)**



**Special offer for Ulster County residents:**  
**FREE** Kitchen Collection Caddy included with every  
purchase! Our educators will be distributing home  
composting resources.

*Let's Grow Ulster Green!*

Disclaimer: UCRRA does not make any warranty or representation, expressed or implied, regarding the compost bins or other equipment offered for sale by BrandBuilders, LLC. Purchasers must direct any questions, claims or disputes regarding their purchase to BrandBuilders LLC.



# UCRRA CELEBRATES COMPOST AWARENESS WEEK



**For Healthier Soil, Healthier Food...Compost!**

International Compost Awareness Week is celebrated during the first full week of May, with the goal of raising awareness about the many benefits of composting. The 2023 theme focuses on how compost plays a role in feeding the world by making our soil healthier which produces healthier food!

**JUST EAT IT: A FOOD WASTE STORY  
FREE DOCUMENTARY SCREENING!**

**ONE DAY ONLY: SUN, MAY 7TH**

**12:30 PM**

**THE ORPHEUM THEATER**

**156 MAIN ST SAUGERTIES NY**

**INTRO TO BOKASHI COMPOST**

**TUES, MAY 2ND**

**7 PM – 8:30 PM**

**WITH THE TOWN OF NEW PALTZ  
CLIMATE SMART TASK FORCE**

**COMPOSTING FOR KIDS!**

**FRI, MAY 5TH**

**4 PM – 5:30 PM**

**WOODSTOCK PUBLIC LIBRARY  
5 LIBRARY LANE,  
WOODSTOCK, NY 12498**

**ADVANCED COMPOSTING**

**TUESDAY MAY 9TH**

**1PM – 2:30 PM**

**WITH TOWN OF SHANDAKEN  
CONSERVATION ADVISORY COUNCIL**

**INTRO TO COMPOSTING**

**MONDAY MAY 15TH**

**2 PM – 3:30 PM**

**ESOPUS PUBLIC LIBRARY  
128 CANAL ST, ESOPUS, NY 12466**

**VISIT [WWW.UCRRRA.ORG/EVENTS-CLASSES](http://WWW.UCRRRA.ORG/EVENTS-CLASSES)**



# ULSTER COUNTY RESOURCE RECOVERY AGENCY

📍 999 Flatbush Road Kingston 📞 845-336-3336 📷 @UCRRA

## WORKING WITH WORMS & SEED BOMBS

FOR  
KIDS

Observe inside a live worm bin and learn how to compost indoors with worms, then make seed bombs with wildflower seeds to support pollinators!

JUNE  
**21**  
3 - 4 PM

TOWN OF  
ESOPUS LIBRARY

128 Canal Street,  
Port Ewen, NY 12466

This FREE workshop is suitable for children ages 7 and up, and parental supervision is advised.

LEARN MORE:  
[WWW.UCRRRA.ORG/EVENTS-CLASSES/](http://WWW.UCRRRA.ORG/EVENTS-CLASSES/)



# ULSTER COUNTY RESOURCE RECOVERY AGENCY CELEBRATES COMPOST AWARENESS WEEK

☎ 845-336-3336 📷 @UCRRA

## INTRO TO HOME COMPOSTING

MONDAY, MAY 15TH 2023

2:00 - 3:30 PM

ESOPUS PUBLIC LIBRARY

128 CANAL STREET, PORT EWEN, NY 12466

This free workshop is designed for new/beginner composters looking to get started. The class will introduce the environmental and horticultural benefits of composting and the basic principles of how to do it correctly. Participants will learn about the various compost bin options and the pros and cons of each composting system.

**PLEASE PRE-REGISTER FOR THIS CLASS**  
**WALK-INS ARE ALSO WELCOME AS SEATING ALLOWS**

[WWW.BIT.LY/3LBLRRZ](http://WWW.BIT.LY/3LBLRRZ)

SCAN ME





# Intro to Home Composting



**Tuesday, April 11• 6pm  
at the Kingston Library**

Home composting is a great way to manage food scraps or spoiled foods so they don't go to waste!

This free workshop is designed for those looking to get started. The class will introduce the benefits of composting and the basic principles of how to do it correctly. .

**Speaker: Tanesia White, Recycling Educator  
Ulster County Resource Recovery Agency**



Please register to receive your free kit (walk-ins are also welcome)



# FOOD SCRAPS ONLY

## NO TRASH PLEASE!



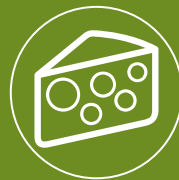
FRUIT



VEGETABLES



BONES



DAIRY



BREAD



EGG SHELLS

# RESIDUOS DE COMIDI SOLAMENTE

## ¡NO BASURA, POR FAVOR!



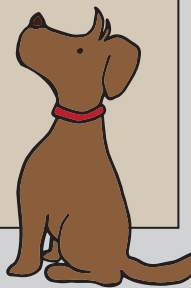
# Ulster County Resource Recovery Agency

*Connecting Communities through Composting*

G R O W U L S T E R G R E E N



## Home Guide to Reducing Food Waste



This booklet was created by Ulster County Resource Recovery Agency, made possible with the support of New York State Department of Environmental Conservation and New York State Environmental Protection Fund.

## Ulster County Resource Recovery Agency

*Our mission is to protect public health and the environment and to promote sustainable materials management practices in Ulster County by efficiently managing solid waste materials with a focus on resource conservation.*

**This Guide book will help you Rethink Food Waste!**

### Table of Contents

Wasting Food Facts	1
Pathways for Food Loss	3
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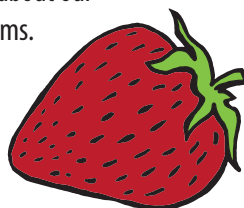
For over 30 years, Ulster County Resource Recovery Agency (UCRRA) has been developing and implementing sustainable waste management programs for Ulster County. UCRRA is a solid waste authority, public benefit corporation, and permitted solid waste facility with commercial Transfer Stations in Kingston and New Paltz, NY. UCRRA manages all municipal solid waste generated in Ulster County and offers many programs and services in pursuit of our mission.

### UCRRA Organics Recovery Facility

UCRRA operates an industrial composting operation that opened in 2012 as a small pilot project. The Organics Recovery Facility processes food scraps from commercial partners like restaurants, businesses, and schools. We manufacture a high quality, sustainably-produced U.S. Composting Council STA certified compost product that we sell in bulk and in 1 cf bags.

### Recycling Outreach Team

The UCRRA Recycling Outreach Team is available to help improve or implement waste reduction programs for residents, apartment buildings, businesses, and schools! Our team provides free professional and knowledgeable programming, and is dedicated to providing essential services to not only *manage waste*, but to reduce, reuse, and rethink waste. Please contact UCRRA at 845-336-0600 to ask about our programs.



To learn more about local and state-wide organics recovery laws, visit [www.ucrra.org/about-us/laws](http://www.ucrra.org/about-us/laws)

## Wasting Food Wastes Everything

**40%**  
of food produced in the USA (63 million tons) is wasted each year.  
That's about **20 lbs of food** per person each month.

A family of four can **save over \$1500/year** by eating more of the food that is already in their homes!

**19% U.S. cropland • 18% fertilizer**  
**21% fresh water** are dedicated to grow this wasted food each year.

**90%**  
of us throw away food before it has spoiled.

**1 in 8**  
Americans face food insecurity.

Feeding America estimates that more than 2.5 million New Yorkers are food insecure.

The value of wasted food is estimated to be **\$161 billion/year** globally.

At the landfill, **food waste** degrades anaerobically and **creates Methane**, a greenhouse gas.

**15%** of the **U.S. waste stream is food**. It is the largest component (22%) of the material buried in landfills.

Currently in New York State: it's estimated that **300,000 tons of food is wasted each year**, and less than 3% is diverted from disposal.

In 2022, New York will be the sixth US state to mandate food waste diversion and donation of excess edible foods for the designated large waste generators.

Food scraps are a valuable natural material that can be recycled by composting.

In Ulster County, each truck sent to the landfill travels almost **500 miles** roundtrip. By composting and reducing organic wastes, we can reduce waste transport and disposal, which conserves fuel, saves money, and reduces the County's carbon footprint!



# Pathways for Food Loss

Everyone has a role to play in preventing food loss!

**On the Farm** – Food is wasted before it ever leaves the farm! Feeding America estimates 3 million tons of food goes unharvested each year because it doesn't meet quality, size, or cosmetic standards. Farmers can make a difference by partnering with gleaning groups to harvest and donate 'imperfect' produce – they're just as delicious and nutritious!

## During Transportation and Distribution

The average American meal travels 1500 miles before reaching your dinner plate! This system is inefficient and leads to spoilage due to improper refrigeration, or damage during transport. A long distribution chain also means a larger carbon footprint!

**Food Service** – Restaurants generate 11 million tons of food waste every year in America. Over preparing, large portion sizes, over purchasing, and improper storage can lead to food loss. Restaurants can make a difference by donating food to local meal centers (at no risk to them under liability protection laws), and by training culinary staff with better skills to utilize the entire plant when cooking. Restaurants can incorporate blemished or bruised foods into prepared meals or value added products. Composting food scraps is also a key solution!

**Food Processing** – Food waste at this point of the food supply chain is generally low, due to high efficiency in food product manufacturing processes. Waste occurs from trimming off edible or inedible portions of food, and from cleaning machinery. Food processors can do more by composting their food!

**Retail Centers** – Grocery stores and distribution centers generate 8 million tons of food waste every year in America. Rejected shipments, overstocking and outdated products, or damaged and mislabeled packaging are some of the reasons why food gets wasted in retail centers. Food retailers can make a difference by reducing the prices of imperfect produce, by creating smaller food displays, and by donating surplus food to feed hungry people, and farm animals.

**At Home** – Certain shopping and cooking habits contribute to food loss. Americans tend to impulse-buy and do not plan meals or shopping lists. Confusion about food labels causes people to discard food that's still safe to eat. Poor storage and food prep skills also lead to food loss that can easily be avoided.



Learn more at [www.refed.com](http://www.refed.com) and [www.feedingamerica.org](http://www.feedingamerica.org)

# Practice Proper Food Storage

## Your Fridge and Food Safety

Keeping your refrigerator clean and organized helps minimize food spoilage and reduces your risk of food borne illness. Clean refrigerator surfaces with hot, soapy water and diluted vinegar solution. Keep your fridge smelling fresh by placing an opened box of baking soda on a shelf.

## Do not overfill your refrigerator.

The fridge needs air to circulate to be efficient. Allow enough space in between foods so that cold air can circulate all around.

## Cooked Leftovers

Leftovers are safe for 3 to 4 days in the refrigerator.

## Doors

The refrigerator door is the warmest part of the fridge. This is a good place for condiments. It is not a good place for anything that is even moderately perishable. Though models may have a compartment for eggs in the door, it's probably a better idea to keep them on one of the main shelves.

## Raw Meat

Prevent juices from leaking by storing on a wrapped plate or in a sealed container.

## Temperature

Bacteria grow most rapidly between 40°F and 140°F so your refrigerator should be set at 34°F -40°F. Your freezer should be set at 0°F or below. The thermometers let you know your appliance is set at the right temperatures.

## The Upper Shelves

The upper shelves are slightly warmer than below, and are a great place to store items that don't have a high safety risk. Great for leftovers, drinks, ready-to-eat foods like yogurt and cheese.

## The Lower Shelves

Foods with a higher safety risk are better off in the coldest section. The bottom shelf is the coldest place in the fridge. Store meat, poultry and fish here in trays to prevent them from dripping.

## Humidity Drawers

Put most veggies, particularly those that might wilt, in the high humidity drawer. Put fruits in the low humidity drawer along with vegetables that have a tendency to breakdown and rot.

## High Humidity

Carrots, leafy greens, spinach, arugula, basil, broccoli, etc.

## Low Humidity

Pears, apples, grapes, avocados, peppers, mushrooms, berries, etc.



## Freezer

Frozen food stays safe longer, though quality may suffer with lengthy storage. Wrap and label meat, fish and poultry that you plan to freeze.



## Freeze in Freshness



**Freeze your leftovers!** Follow directions for each type of food. Prepare food at your convenience and have it ready to reheat or thaw and use.



**Choose the right container** to protect flavor, color, moisture; use flexible freezer bags, aluminum foil, or rigid plastic or glass containers like canning jars. Lids/covers should close tightly! Leave extra headspace to allow for expansion during freezing. Some foods may need to thaw completely before removing from its container.



**Label each container** with the type of food, date, number of servings, etc.



**Don't overload the freezer**, which can slow down the freezing rate and can affect quality. Leave space between packages so air can circulate freely. Once frozen, you can stack packages close together.



**Foods that do not freeze well:** cucumbers, celery, lettuce, potatoes, cooked pasta, sour cream, cheese, mayo, fried foods, fruit jelly.

Visit the National Center for Home Food Preservation to learn more <https://nchfp.uga.edu/>

## Interpreting Food Labels

Are you throwing out food that is still safe to eat? Most date labels indicate peak freshness, not food safety.



**BEST IF USED BY**  
04/22/2020

A "Best if Used By/Before" date indicates when a product will be of best flavor or quality.



**SELL BY**  
11/15/2021

A "Sell-By" date tells the store how long to display the product for sale for inventory management purposes.



**USE BY**  
04/22/22

A "Use-By" date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.



**FREEZE BY**  
11/15/2023

A "Freeze-By" date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.

Visit [www.USDA.gov](http://www.USDA.gov) to learn more.

## Play with your food!

## Re-invent your food scraps & leftovers

- Make a quiche, soup, stirfry, frittata, or a bruschetta to use up veggies.
- Cook 'root to leaf'. Transform herb stems or leafy greens of veggies into a pesto, sauce, or salad dressing.
- Save onion/garlic skins, vegetable ends, etc. in a container in the freezer until you're ready to make a vegetable soup broth!
- Make potato chips from potato peelings.



- Brown bananas "past-their-prime" can be delicious as breads or pancakes.
- Sheet pan hash (utilize leftover veggies)

### Hero ingredients

Stock up on these to help use leftovers/veggies: rice, pasta, eggs, onions, diced tomatoes, and chicken or veggie stock.



Find recipes & more at [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

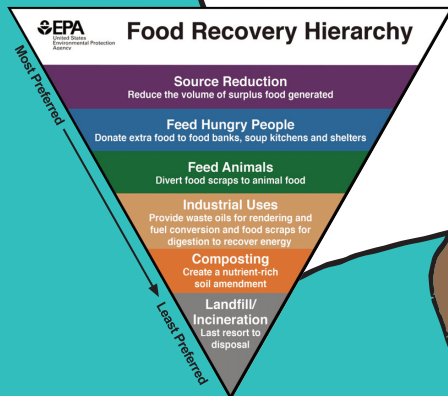
# Shop S.M.A.R.T.

## Save Money And Reduce Trash

It's as easy as 1, 2, 3

1. Consider what meals you'd like to enjoy for the next seven days. Consult with your family members as a fun dinner table conversation.  
*Write down the menu!*
2. With your menu in hand, go on a scavenger hunt in your kitchen! Take an inventory of ingredients you already have, and make note of the items you need to buy according to your menu. Check to find food that needs to be used up first – and use them in your menu.
3. *Write it down!* Making a grocery shopping list helps you avoid impulse-buys that can lead to wasted food, and also helps you save time and money once in the store!

*Don't forget reusable shopping bags!*



Check out the Dinner Party Guestimator to calculate portion sizes and servings!  
Visit [www.savethefood.com/guestimator](http://www.savethefood.com/guestimator)

# Food Recovery & Helping Your Neighbors

Many families struggle to have access to fresh, healthy foods. Re-gifting (donating) is one of the 7R's and is an important zero-waste strategy that can help mitigate hunger while also reducing waste!

## How You Can Help:

- Volunteer to harvest fresh produce donated by local farms (gleaning)
- Volunteer to pick up and distribute produce to our community's food pantries, shelters and feeding programs
- Help out at your local food pantry or soup kitchen
- Help prepare & deliver meals to the homebound
- Donate produce from your farm or garden directly to your local food pantry, or contact Ulster Corps for help with distribution
- Purchase a share from your local CSA to be donated to your local food pantry



## These foods are always good to donate:

- Non perishable shelf stable dry goods, sealed and in original packaging, not past expiration date.
- Canned items such as fruits and veggies, beans, tuna, soups, juices.
- Packaged foods such as breads, cereals, flour, sugar, nuts, dry beans, lentils, pastas, coffee, and tea.
- Perishable, fresh foods (based on the storage capability of the donation center)
- dry fruits
- popcorn kernels
- shelf stable milk alternatives such as soy, almond, rice, etc.
- dry herbs, spices, & non salt spice blends
- seeds like sunflower, sesame, & pumpkin
- healthy oils such as olive, grapeseed, etc.
- natural sweeteners such as honey
- Easy to open (pop top cans)
- Puree foods such as apple sauce, sweet potato, pumpkin, etc.

**Avoid:** spoiled food, candy or soda, no home-canned foods, pet foods

To learn more about volunteering, gleaning, or to find a food pantry near you, visit [www.ulstercorps.org](http://www.ulstercorps.org)

# Food Storage Cheat Sheet

## It's Good To Know...

- ✓ Generally, once a condiment bottle or food jar is opened, it should be refrigerated.
- ✓ Spices stay at peak freshness for up to 2 years!
- ✓ Eggs stay fresh 3 to 5 weeks after sell-by date; up to 12 months in a freezer; or 1 week if hard-boiled.
- ✓ White flour stays fresh for 1 year in your pantry; or 2 years in the refrigerator.
- ✓ Place apples and ripe avocados in the fridge – they'll last longer!
- ✓ Citrus - Store loose in the low humidity crisper drawer.
- ✓ All fruits – don't wash until you're ready to eat.
- ✓ Cheese - Wrap leftover cheese loosely in wax paper, not plastic.
- ✓ Wrap celery in aluminum foil so it stays fresh longer!
- ✓ Salad greens - Store with a damp cloth in an airtight container in the high-humidity drawer of the refrigerator.
- ✓ Tender herbs (basil, cilantro, parsley, dill) - place in a cup with water, like you would display fresh cut flowers. Place a sandwich bag over the jar of herbs. Store in the fridge. \*Keep basil on the counter!
- ✓ Hardy herbs (rosemary, sage, thyme, chives) - arrange into a single layer on a damp paper towel, roll them up, then transfer to a sandwich bag in the fridge.
- ✓ Mushrooms should be used as quickly as possible. Do not wash until ready to use. Store on the lower shelf in the refrigerator.
- ✓ Potatoes and onions need cool, dark, dry, well-ventilated storage but should not be stored together. Storing in hanging sacks is a great idea, it encourages ventilation.

Learn more tips at [www.SAVETHEFOOD.COM](http://www.SAVETHEFOOD.COM)



# RECYCLABLES ONLY!

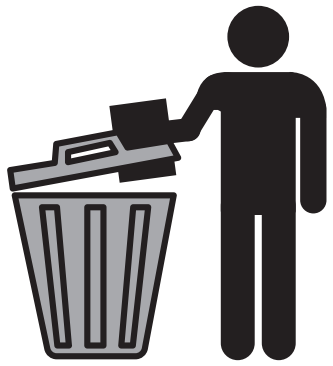
No trash please!



# ¡SÓLO RECICLABLES!

¡No basura, por favor!





**TRASH ONLY!**

**No Recyclables Please!**

**¡SÓLO BASURA!**

**¡No reciclables, por favor!**