

# Happy Holidays 2016

Volume 11 Issue 1

**CARLTON COUNTY RESOURCE AND RECYCLING  
NEWSLETTER**

## The Food Waste Problem: What You Can Do About It

In the United States, food waste is estimated at between **30-40 percent** of the food supply. This estimate corresponds to approximately **133 billion pounds** of food waste! **133 billion pounds**. On top of that, from Thanksgiving to New Years Day, household waste increases by more than **25%**! This is due to the increase in consumption that the holiday season creates. So **HOW** can you decrease the amount of food waste you produce? Here are seven tips that will help you decrease the amount of food waste you're creating:

1. *Plan wisely.*
2. *Source locally.*
3. *Eliminate disposables.*
4. *Don't serve bottled water.*
5. *Make sure you have a recycling and organics plan in place.*
6. *Help family and friends use up all their left overs.*
7. *Donate excess food.*

So now you know how much food waste the United States produces and a few tips on reducing your own food waste, but **WHY** should you? Reducing food benefits the environment, economy, and human health.

Environmental: When food waste goes to landfills it decomposes in an anaerobic process—without oxygen—which produces methane, a potent greenhouse gas. When food waste is composted, it decomposes in an aerobic process—with air—which produces carbon dioxide, a less potent greenhouse gas. Furthermore, agriculture is a resource intensive activity—for example, it uses mass amounts of

water— so if we waste less, we won't need to grow as much, saving tons of resources.

**Economical:** if you reduce your food waste, you will save money. Planning meals and only buying food that you will use will reduce your grocery bill. As a society, we can save billions of dollars if we can reduce food waste. Our food waste costs us \$161 billion annually!

**Health:** in 2015, **42.2 million** Americans lived in households that did not have enough food. The food waste we produce is more than enough to feed every hungry person in America. People are going hungry and we are wasting 40% of our food.

On a personal level, when you become conscience of all the food waste we produce, it can lead to not only reducing your own food waste, but actually a change in your consumption habits (eating healthier and consuming less).

Stats from USDA website.

Want to start composting  
your food scraps?

**Where:** Carlton County  
Transfer Station, 1950 Highway 210, **Carlton Public food waste drop site**

**How:** Get an info sheet and free compostable bags from the cashier.

**Who:** Residents only, NO business food scraps.

**When:** Regular Transfer Station hours.

If you have any questions please call 218-384-9178.



## Meet new MN GreenCorps Member, George Knutson!

I'm the new face around so I always get asked "Who are you?" The short answer: My name is George Knutson and I'm the new MN GreenCorp member in Carlton County. I graduated from UMD in May 2016 with a Bachelor of Arts in Environment & Sustainability, as well as a GIS certificate – Geographic Information System/Science. Here's five things I like: disc golf, basketball, football, anime, and videogames. I didn't know what to do after graduation. While I was searching, I came across the MN GreenCorps and decided to apply. I got accepted and placed here—Carlton County—to work on the Green School Project, Carlton County's School Recycling and Waste Reduction Grant. Last year, eight schools participated in the program. This resulted in a total of 3.5 tons of material being diverted from the landfill! I hope to increase that number this year. If you have any questions for me, I can be reached at 218-384-9592 or at [George.Knutson@co.carlton.mn.us](mailto:George.Knutson@co.carlton.mn.us).



*What do I do With  
my old holiday  
lights?*

The Holiday Lights Recycling Program at the Carlton County Transfer Station provides FREE recycling for unused lights until **January 31, 2017.**

Carlton County Transfer Station

1950 Highway 210

Carlton, MN

Transfer Station Hours

November 1st—March 31st

Monday—Friday 8:30 a.m.— 4:00 p.m.

Saturday 8:30 a.m.— 1:00 p.m.



Please place only the string lights in the collection bin. REMOVE from plastic bags, plastic spools, garland or other decorations. Thank you!

## Thanksgiving Leftovers:

### Turkey Soup!

#### Ingredients:

1 leftover turkey carcass (10- to 12-pound turkey)

2 quarts water

1 medium onion, cut into wedges

1/2 teaspoon salt

2 bay leaves

1 cup chopped carrots

1 cup uncooked long grain rice

1/4 cup chopped celery

1/4 cup chopped onion

1 can (10-3/4 ounces) condensed cream of chicken or cream of mushroom soup, undiluted

#### Directions:

1. Place the turkey carcass in a stockpot; add the water, onion, salt and bay leaves. Slowly bring to a boil over low heat; cover and simmer for 2 hours.
2. Remove carcass; cool. Strain broth and skim fat. Discard onion and bay leaves. Return broth to the pan. Add the carrots, rice, celery and chopped onion; cover and simmer until rice and vegetables are tender.
3. Remove turkey from bones; discard bones and cut turkey into bite-size pieces. Add turkey and cream soup to broth; heat through. **Yield:** 8-10 servings (about 2 quarts).



## Carlton County Recycle Center Hours

### Year-Round Hours for all Staffed Recycling Centers

Wednesdays	2:00 p.m.—6:00 p.m.
Thursdays	2:00 p.m.—6:00 p.m.
Fridays	2:00 p.m.—6:00 p.m.
Saturdays	9:00 a.m.—1:00 p.m.

### STAFFED SHEDS (BARNUM, CARLTON, ESKO, MOOSE LAKE, PERCH LAKE)

Glass Jars and Bottles, Plastics #1 thru #7, Tin Cans, Aluminum Cans, Newspapers, Magazines, Box Board, Cardboard, and Office Paper.

### UNSTAFFED SHEDS (BLACKHOOF, CROMWELL, HOLYOKE, KETTLE RIVER, MAHTOWA, WRIGHT)

Glass Jars and Bottles, Plastics #1 thru #7, Tin Cans, Aluminum Cans and Newspapers.

### TRANSFER STATION

Glass Jars and Bottles, Plastics #1 thru #7, Tin Cans, Aluminum Cans, Newspapers, Magazines, Office Paper, Box Board, Cardboard, Car Batteries, Medical Sharps, Used Motor Oil and Filters, Antifreeze, and Food Waste.

### Carlton County Transfer Station November 1st—March 31st

Monday - Friday

8:30 a.m. - 4:00 p.m.

Saturday 8:30 a.m. - 1:00 p.m.

**Recyclables MUST be cleaned, removed from bags, and sorted into the proper bin!**

