



Food Recovery Hierarchy

www.epa.gov/foodrecoverychallenge

Right-sized portions

Rethink produce (see recipes below)



Check with your local farmers market or large animal veterinarians to find farmers collecting food scraps

If food looks or smells bad, compost it!



Put almost-too-ripe produce and trimmings to work. Here's how:

Source Reduction

Reduce the volume of surplus food generated

Most preferable

Feed Hungry People

Donate extra food to food banks, soup kitchens and shelters

Food banks accept most non-perishable foods; some accept fresh produce and leftover prepared food (that was never served)



Feed Animals

Divert food scraps to animal feed

Industrial Uses

Provide waste oils for rendering and fuel conversion and food scraps for digestion to recover energy

Did you know? Bio-waste digesters can turn food scraps into biofuel

Composting

Create a nutrient-rich soil amendment

Landfill/Incineration

Last resort to disposal

The decomposition of solid waste in landfills results in the release of methane, a greenhouse gas 21 times more potent than carbon dioxide



Least preferable

Broccoli Stalk Salad: This recipe proves stalks don't deserve to be trashed



Alison Ashton

INGREDIENTS

¼ cup extra-virgin olive oil
3 Tbsp red wine vinegar
2 tsp honey
¼ tsp kosher salt
4 large broccoli stalks
1 carrot, peeled and shaved with a vegetable peeler
¼ to ½ cup thinly sliced red onion
1 avocado, peeled and chopped
Parsley leaves, for garnish (optional)
Freshly ground black pepper to taste

SERVES	ACTIVE TIME	TOTAL TIME
4-6	10 min.	10 min.

1. In a medium bowl, whisk together oil, vinegar, honey, salt and pepper; set aside 2 Tbsp dressing.
2. Using a vegetable peeler or paring knife, trim the woody outer skin from the broccoli stalks; discard. Use a vegetable peeler to shave the tender inner stalk.
3. Combine broccoli, carrot, onion and remaining dressing in a medium bowl, tossing to combine. Let sit 30 minutes.
4. Mound salad on a serving platter; top with avocado. Drizzle reserved dressing. Garnish with parsley, if desired.

Creamy Chocolate Mousse: Really ripe avocados make this extra creamy



Mark Boughton and Teresa Blackburn

INGREDIENTS

2 large avocados, very ripe
½ cup maple syrup
6 Tbsp unsweetened cocoa powder
1 Tbsp vanilla extract
1/8 tsp salt
Whipped cream
Berries
Chopped toasted nuts
Chocolate shavings

SERVES	ACTIVE TIME	TOTAL TIME
4	5 min.	5 min.

1. Scoop flesh of 2 large very ripe avocados into a food processor. Add ½ cup maple syrup, 6 Tbsp unsweetened cocoa powder, 1 Tbsp vanilla extract and 1/8 tsp salt. Process until smooth.
2. Serve topped with whipped cream, berries, chopped toasted nuts and/or chocolate shavings, if desired.

Recipes adapted from *Waste Free Kitchen Handbook* by Dana Gunders (Chronicle Books), Staff Scientist at the Natural Resources Defense Council (NRDC) and food waste expert. Read her 2012 report: [Wasted: How America is Losing Up to 40% of Its Food from Farm to Fork to Landfill.](#)

Environmentally Preferable Purchasing (EPP) Training and Office Products Fair

Environmental Product Certifications



On April 7th, 2016, LA Sanitation hosted an Environmentally Preferable Purchasing Training Workshop and Products Fair with Office Depot and other manufacturers/distributors. Environmental Product Certifications, EPP opportunities in service contracts, and the Comprehensive Procurement Guidelines from the Environmental Protection Agency (EPA) were reviewed.

Attendees also received EPP product samples.

To request a copy of the workshop materials, or for information about any of these EPP topics, please email greenpurchasing@lacity.org.

Recycling Quiz

Which of the following materials can be recycled an unlimited number of times and made into the same product? Can pick more than one.

(A) Paper, (B) Aluminum, (C) Glass, (D) Plastic, (E) All of the above.

- Email your answer to san.cfrp@lacity.org by Fri, June 3rd, for a chance to win a recycled content prize. Please note "contest" in the subject line and provide your Department name and Mail Stop #.

Moving Offices and Need More Recycling Bins?

Order temporary loaner bins or additional permanent bins by leaving a message on the RecycLine: 213-922-8300

Have extra 3-ring binders and other file storage items you no longer need?

- These reusable items should not be placed in blue bins
- Please offer them to City employees through CitiMAX. Visit <http://insidela.ci.la.ca.us/>
- Then select CitiMAX in *Online Services*. Read the *Guidelines* then select *Create a Listing*

Reuse Practices

Have old business cards? Although recyclable, business cards can also be repurposed as:

- Gift tags
- Moving box labels
- Luggage tags
- Flash cards
- Bookmarks
- Plant markers



**Director
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Solid Resources Citywide Recycling Division (SRCRD)

Questions or comments about R,R,R, Zero Waste, EPP or this newsletter?

Contact us at San.CFRP@lacity.org or 213-485-2260

*This newsletter is a publication of the Zero Waste City Facilities Recycling Program.
<http://san.ci.la.ca.us/srcrd/cfrp/recycling.htm>*

