

FREE!

Think Green. Cook Green!

Waste Management presents...

Cook Waste-Free at Home



Join local chef **Lisa Dupar** of Redmond's Pomegranate Bistro and Lisa Dupar Catering for a series of **FREE** waste-free cooking demos. She'll show you how cooking meals and recycling food can be environmentally friendly and unbelievably delicious.

Tuesday, October 2

Carnation Farmers Market

W Bird St & Stossel Ave NE, Carnation, WA 98014

Market hours: 3:00 pm to 7:00 pm

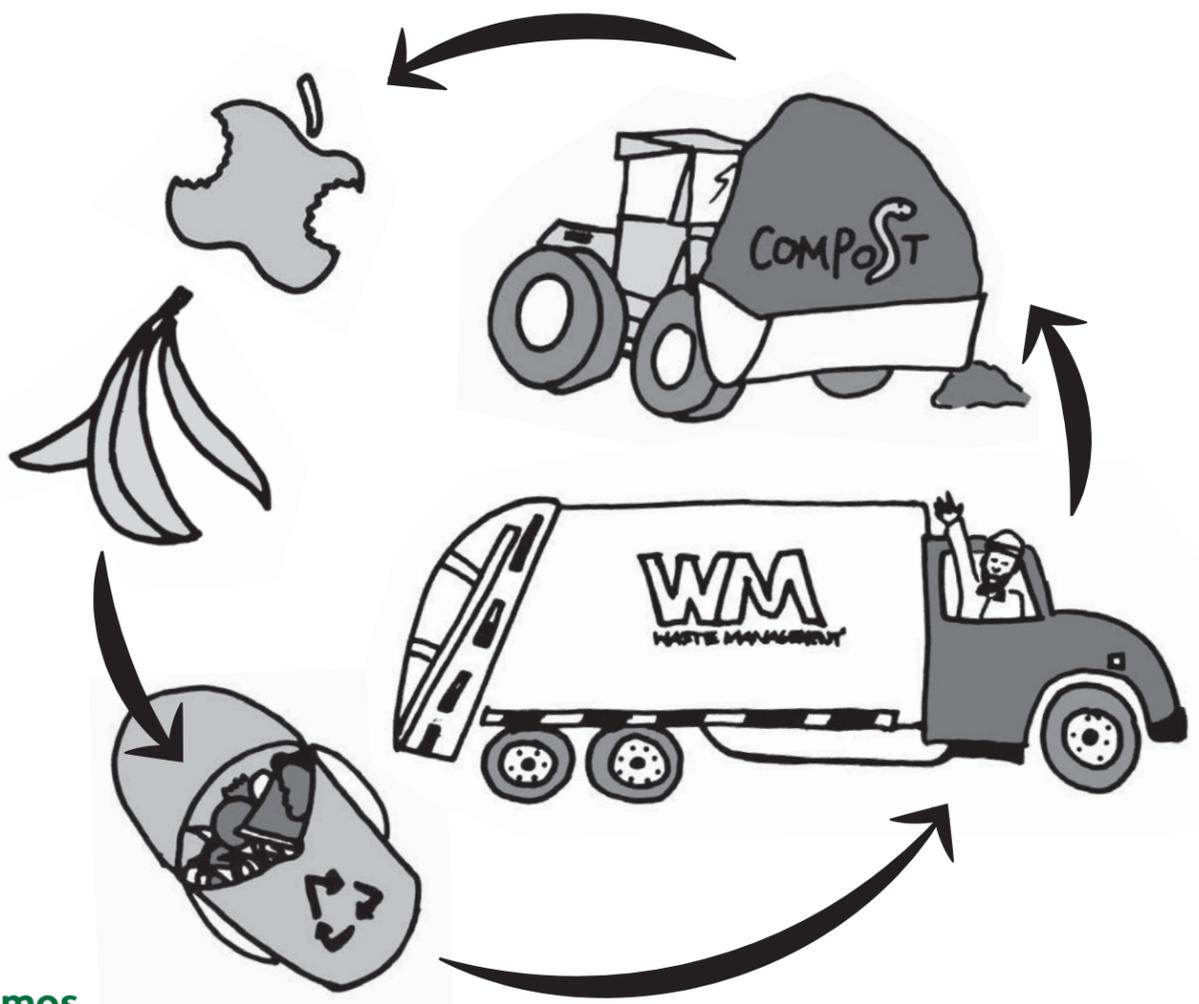
Demos at 3:30 pm, 4:30 pm, & 5:30 pm

Look for the Waste-Free Cooking Station

Take the food scrap recycling pledge while you're there and you'll be entered to win a food scrap recycling kit and a \$150 grocery gift card.



www.wmnorthwest.com/cookingdemos



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Did you know the average family in King County throws away about 477 pounds of food scraps and food-soiled paper every year?



Maybe it's time for your signature dish to be one that pleases both the palate and the earth. By recycling your food scraps and food-soiled paper, you can help reduce the amount of garbage going to the landfill and save valuable resources from going to waste.

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Recycle your food scraps.

Did you know?

- » You can easily recycle food scraps and food-soiled paper in your kitchen.
- » By recycling your food scraps and food-soiled paper, you may be able to save money on your garbage bill by reducing the size of your garbage cart.
- » Recycled food scraps and food-soiled paper are turned into nutrient-rich compost!

Here's how to get started...

- » **Sign up for curbside food and yard waste collection service.** Call Waste Management at 1-800-592-9995.
- » **Get a kitchen collection container.** Buy a container specifically made for food scraps, or just use a reusable container you have around the house — a yogurt container or a coffee can with a lid works well.
- » **Start recycling!** Put veggie and fruit trimmings, meats, bones, plate scrapings, egg shells and coffee grounds in your kitchen collection container. If it's food, it's recyclable. And don't forget food-soiled paper! Paper towels, napkins—even greasy pizza delivery boxes are recyclable, too!
- » **Know what to leave out.** Grease, liquids, pet waste, diapers, plastic, metal and glass can't go in your food waste container.
- » **Take your scraps to the curb.** Empty your kitchen collection container directly into your food and yard waste cart.
- » **Support the cycle.** In two months, food scraps will become nutrient-rich compost that you can use in your garden. Pick up a bag of compost and continue the cycle of life!



For more information on how to recycle your food scraps and food-soiled paper, or to sign up for service, visit www.wmnorthwest.com/cookingdemos.

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SATURDAY
AUGUST 25



Waste Management presents...

Waste-Free BBQ

Join Monroe chef **Adam Hoffman** of Adam's Northwest Bistro and Brewery for a FREE waste-free BBQ. He'll show you how cooking meals and recycling food scraps can be environmentally friendly and unbelievably delicious.

Saturday, August 25 • Waste-Free BBQ

Everett Fred Meyer, 12906 19th Ave SE, Everett, WA 98208

BBQ from 11:00 am to 1:00 pm

Take the food scrap recycling pledge while you're there and you'll be entered to win a food scrap recycling kit and \$150 in groceries.



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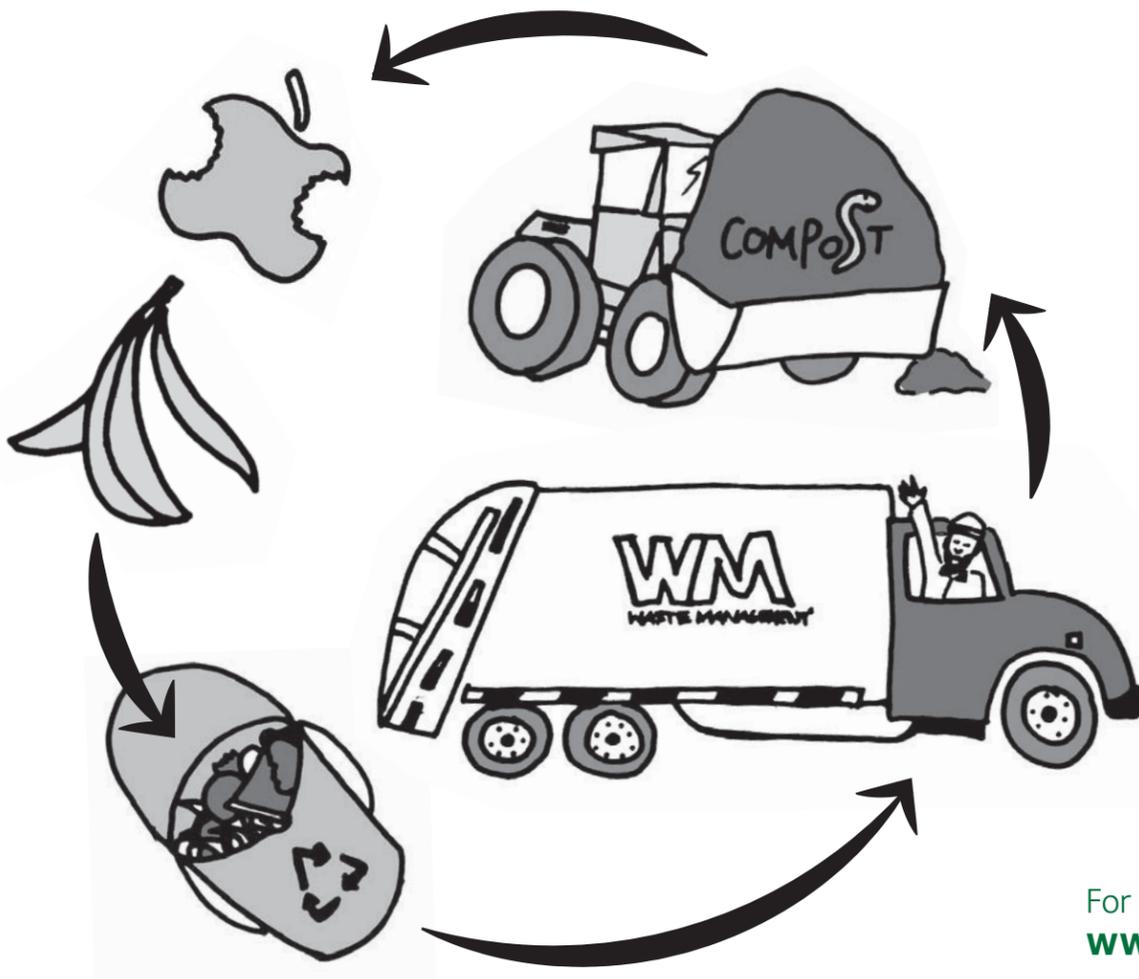
Thursday, October 11
Snohomish Farmers Market

Cedar Ave & Pearl St, Snohomish, WA 98290

Market hours: 3:00 pm until dusk

Demos will be held at 3:30 pm, 4:30 pm, & 5:30 pm

Look for the Waste-Free Cooking Station



Take the food scrap recycling pledge while you're there and you'll be entered to win a food scrap recycling kit and a \$150 grocery gift card.



For more information and additional event dates, visit www.wmnorthwest.com/cookingdemos



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