

# CLEAN & GREEN

## AUTUMN NEWSLETTER



### Food Waste in Aussie Landfills!

The Harsh Reality

pg. 4

### How is the Future Impacted?

pg. 3

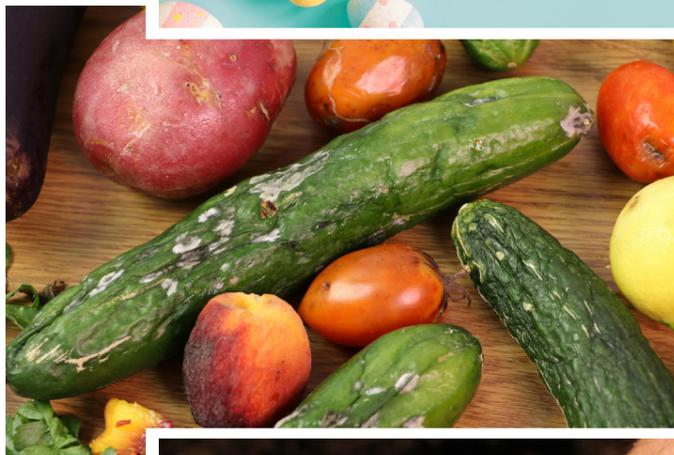
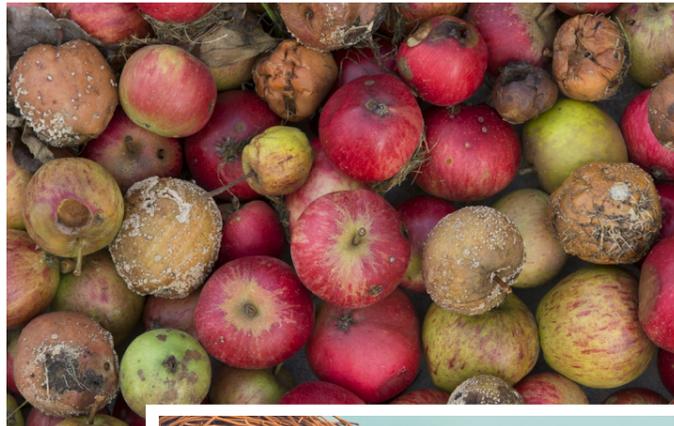
### Composting Breakdown

pg. 6

### Leading the Way! Learn from the Greeny Bunch

pg. 10

# Contents



Written & Produced by Gabby Mastroianni  
Published by Clean & Green Organics Pty Ltd

**Vol. 2, No. 1, Autumn 2021**  
Released 26th February 2021

**FEATURES:**

Contents Page

The Bigger Picture  
*How Food Waste Impacts our Future?*..... 3  
*Clean & Green Organics Pty Ltd*..... 3

Food for Thought  
*The Reality of Organic Waste in Aussie Landfills*..... 4

Apple to Apple  
*The Composting Breakdown: How it works?*..... 6

What a Waste!  
*Which Organic Foods can be Composted?*..... 8

Composting with the Greeny Bunch  
*Childrens educational segment on composting*..... 10

Staying Sustainable this Easter  
*Easter Edition*..... 12  
*Clean & Green Organics Soil Conditioner*..... 12

Source & Article References..... 13



Check out **Clean & Green Recycling** website to discover more information about Clean & Green services, news and special offers!  
[www.cleangreenrecycling.com.au](http://www.cleangreenrecycling.com.au)



## The Bigger Picture

### How Food Waste Impacts our Future?

**Food Security is one of the most pressing issues of our time!**

Globally, one third of all food produced is wasted. This equates to 1.3 billion tonnes of food, most of which is wasted before it reaches the consumer!

A study evaluating the affects of our global food systems predicts that food security will become critical

by 2050 if nothing can be done before then to sustainably manage these food production systems, improve agricultural production and increase sustainable organic waste management.

*1/3 of all food produced globally is wasted!*

The benefit of reducing food waste globally will amount to \$252 billion by 2030.

This can be achieved through means such as composting organic food waste into organic soils, repurposing edible food waste into animal stockfeeds or into viable and approved food aid solutions for global food shortages. Through achieving this, we can secure food for our future generations!



Clean & Green Organics Pty Ltd is an Australian owned and operated recycling & composting company located in Greater Sydney, NSW.

Composting organic waste streams into high quality organic soils and compost products, Clean & Green Organics' mission is to divert organic waste streams, including food waste, away from landfills

and to sustainably create a circular economy in Australia.

The Clean & Green team are specialists in vermiculture, composting and recycling with over 20 years experience!

All Clean & Green Organics soil products are made to Australian Standards from 100% recycled organic materials.

For any soil or organic waste management enquiries:

- [www.cleangreenrecycling.com.au](http://www.cleangreenrecycling.com.au)
- [solutions@cleangreenorganics.com.au](mailto:solutions@cleangreenorganics.com.au)



# FOOD FOR THOUGHT



## THE REALITY OF ORGANIC WASTE IN AUSSIE LANDFILLS

**Australia produced 75.8 million tonnes of solid waste in 2018-19, of which a third is solely organic waste. Almost half of this is sent to landfill!**

Organic waste has the capacity to be sustainably repurposed, recycled and composted, which would reduce the total waste ending up in Australian landfills and the subsequent harm to our environment, economy and communities!

Organics produce methane gas which when left to rot in landfills is 25x more potent than the carbon monoxide emitted from the back of our cars! Precious fuel, water, electricity and other energy resources are used in food production processes, which is wasted when organic and food produce is wasted in landfill!

Here's some food for thought about the reality of organic waste and how we can make a genuine improvement and change!

*There is greater life for organic waste streams, don't end it short!  
Making a change starts with your own contributions!*



### How much does food waste cost the Australian economy each year?

\$2.7 BILLION IS FRESH FOOD	\$727 MILLION IS DRINKS
\$2.2 BILLION IS LEFTOVERS	\$727 MILLION IS FROZEN FOOD
\$1.2 BILLION IS PACKAGED FOOD	\$566 MILLION IS TAKEAWAY

The National Food Waste Strategy Goal is to halve food waste in Australia by 2030. The Strategy entails:

**Avoiding Food Waste** through consumer awareness, smarter shopping, more efficient production methods and packaging.

**Reusing Edible Foods** in food rescue donations, repurposing aesthetically imperfect foods for human food aid or animal feeds.

**Recycling Food Waste** through composting processes to make high quality, high nutrient organic soils and compost solutions for gardens.

**Reprocessing Food Waste** by converting to pharmaceutical nutraceuticals or cosmetic products.

**Energy Recovery** through incineration or anaerobic digestion.

Preserving our environment and securing food for our future generations is paramount. Minimising waste generation and creating a culture of recycling (and composting for organic foods!) will ensure this.

### Why do we waste so much food?

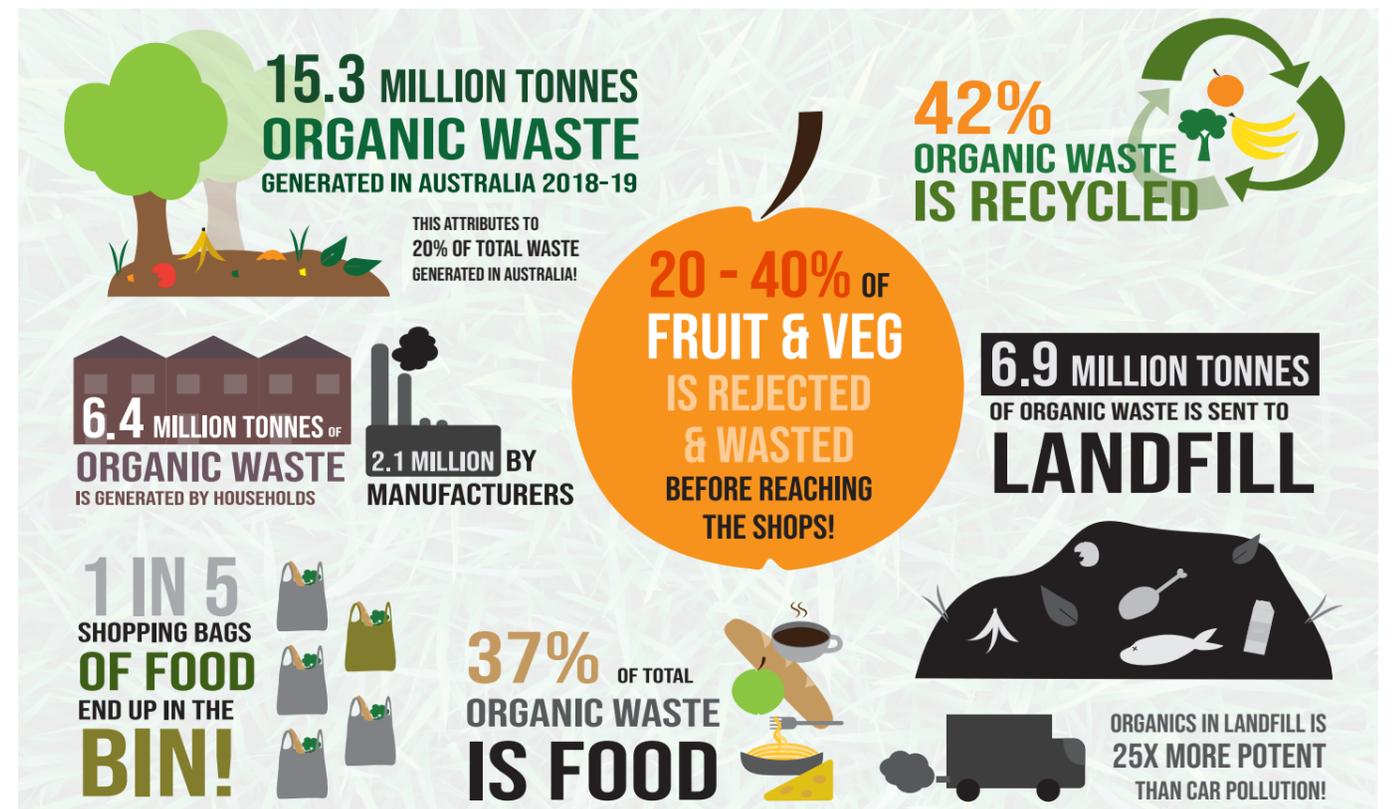
Most times we don't even realise we're wasting food. It's so easy to mistakenly throw away perfectly edible food - we're all guilty of it from time to time.

#### Most common reasons for food waste are:

1. Cooking too much.
2. Not knowing how to use leftovers.
3. Mistakenly throwing away food before use-by-date.
4. Over-buying ingredients at the shops.
5. Not checking fridge before shopping.
6. Buying takeaway last minute instead of cooking what's already at home.

Becoming *Food Waste Conscious* takes practise and more practise! Try to save your leftovers. Compost your organic food scraps instead of discarding them in the general bin. Check what you have at home before you shop and shop with a list - save yourself some money in the process too! Every little bit counts!

### Snapshot of Organic Waste Statistics according to Australian Bureau of Statistics (ABS) 2018-19:

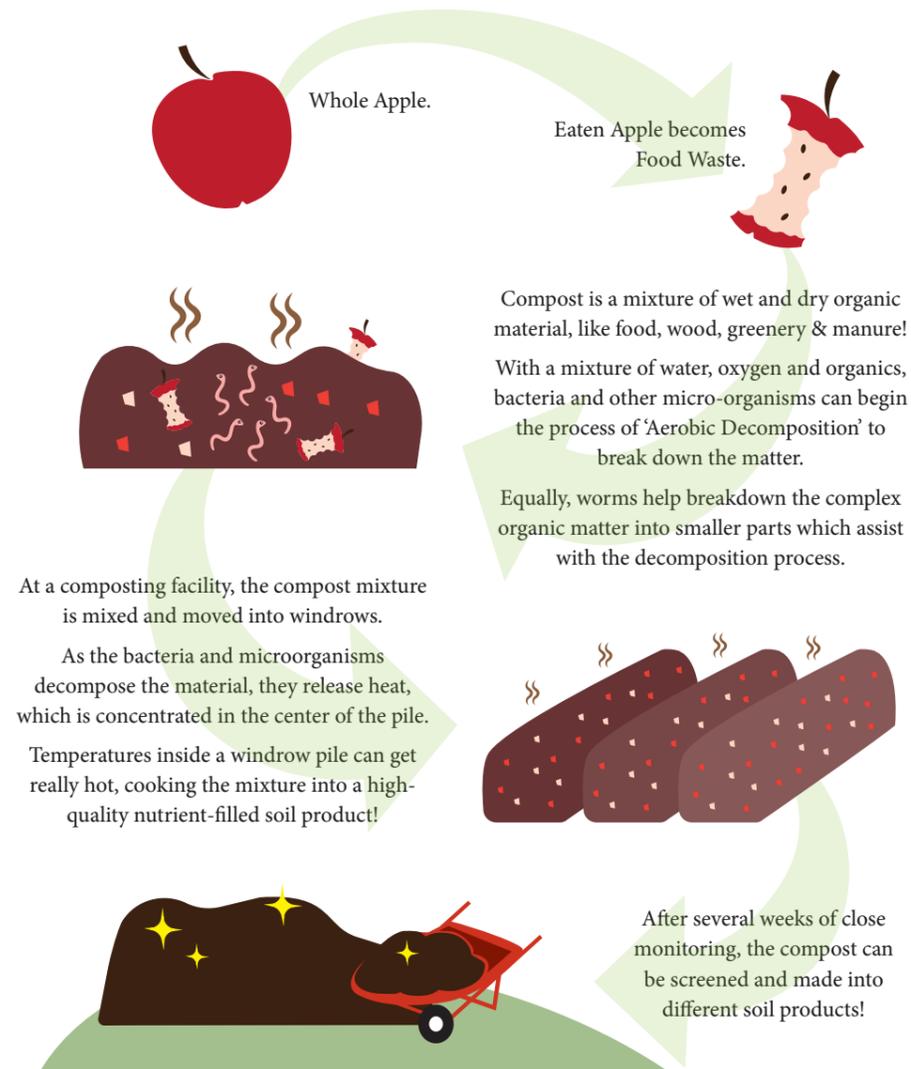


# APPLE TO APPLE

Composting is nature's best recycling method for organic waste streams including food, wood, leaves, juices, and even some animal manures. With the help of earth worms, composting means organic waste can be recycled into nutrient-rich organic soils, which will help grow more food and plants in future!

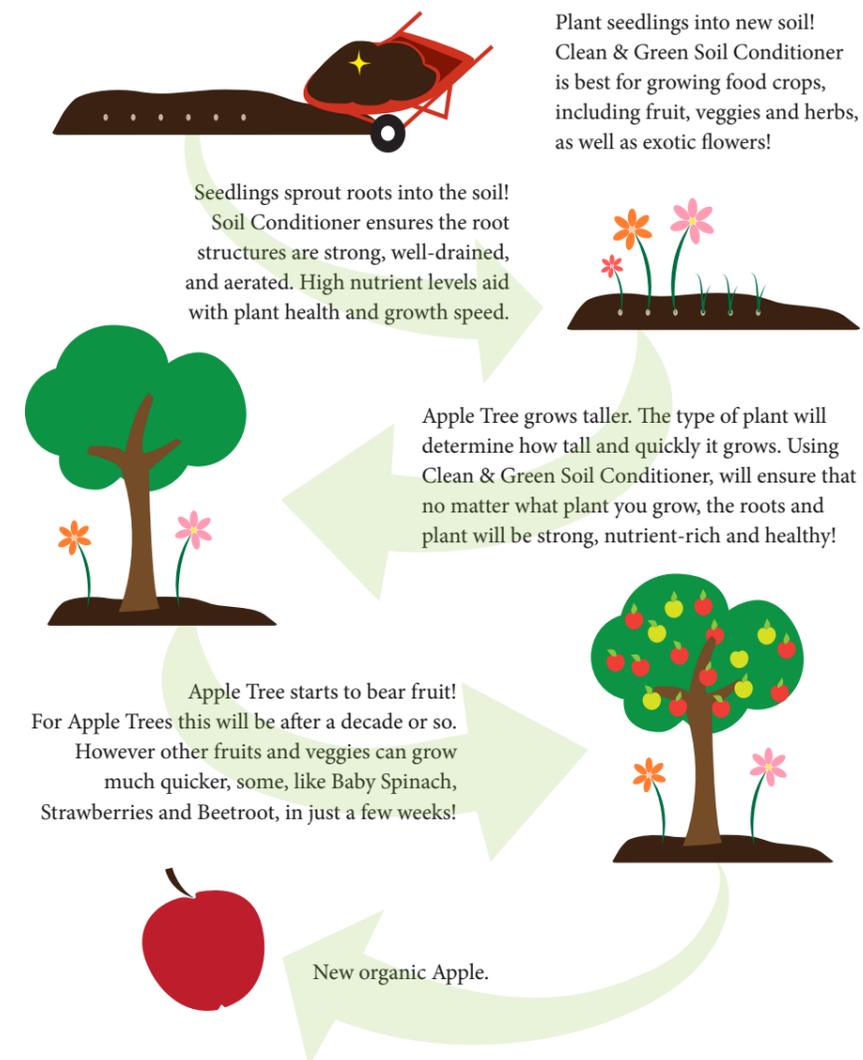
*Therein born the Apple to Apple concept!*

Here's a closer look at the Apple to Apple concept of composting! The decomposition of an old apple, known as waste, to organic soil via composting processes is achieved over several weeks.



Clean & Green Organics Composts and Soil Conditioners are high-quality, organic and nutrient-rich products which enhance garden health and produce amazing garden results!

From the fresh organic soil created, a new nutrient-rich and organic apple will form! The fruit will grow over its natural course, so be patient! Compost soil produces the best results for fruit and veggie growth because of the dense organic matter in the soil!



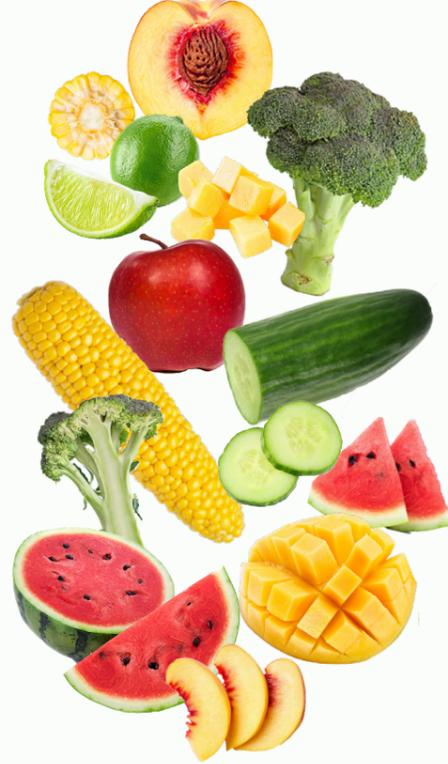
## What Can You Do?

Creating your own composting heap at home can be hard work and smelly business! It takes specialised equipment and regular monitoring to ensure our microbe buddies can compost properly! Like baking a cake - you need the right amount of ingredients and correct steps to create a good result! Instead, gather your organic waste scraps from home and dispose them in your compost bin to be collected and composted at an Organic Recycling facility! Takes the stress out of doing good!

Clean & Green Organics is an Australian owned composting facility in Bringelly NSW! Licensed to compost organic waste streams into 100% organic Australian Standard soil and compost products, Clean & Green Organics are passionate about environmental sustainability and creating a circular economy! [Contact for enquiries!](#)

# What a Waste!

Which Organic Foods can be Composted?



## Fruit & Vegetables

All organic fruits, vegetables and herbs make the best compost ingredients!

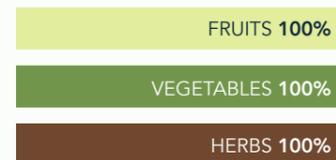
Its wetter nature adds moisture to the compost mixture. It also attracts worms, bacteria and micro-organisms which are necessary to the material decomposition and cooking processes.

Gather your moldy, rotten or old fruit and veg into your compost bin for collection.

Fruit and veggie peels, cores, skins, seeds, stems and scraps too!

This includes frozen fruit and veggies (just not with the plastic wrapping!)

How much should I add?



## Breads & Cereals

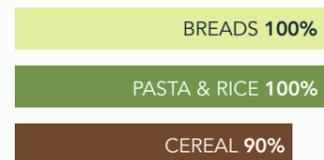
Pantry staples including bread, pasta, rice, cereals, chips and biscuits can all be composted!

This drier material balances the wet material in the compost mixture and helps form the compost soil structure.

Moldy breads, old leftover pasta or rice dishes, expired pizza bases, stale cereals or chips; all can be discarded into your compost bin for collection!

Just make sure no plastic or cardboard is discarded along with it! These wastes go into other waste bins and hinder the compost process!

How much should I add?



## Tea, Juice & Coffee

Organic fruit or veggie juices, coffee grounds, tea leaves and bags, even organic spirits, wines and beers, are also great for compost!

These liquids balance the other drier ingredients.

Be careful - all bottles and cans are discarded into the Australian yellow bin. Only dispose the liquids into your compost bin!

Coffee grounds are great, but the pods are not. Try to separate these as best you can before discarding them!

Be Weary - old dairy milk smells really bad and takes longer to decompose. Don't add cow's milk to your compost bin!

How much should I add?



## Legumes & Nuts

All organic legumes, seeds and nuts make great compost ingredients too!

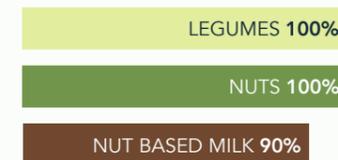
Similar to fruits and veggies, they serve the same purpose to the compost process but are drier than some other materials.

Old or stale legumes including lentils, chickpeas, barley and beans are great! Equally nuts or seeds that have gone bad are great too!

These are all organic and great to add into compost, so throw them into your compost bin!

Nut based milks (almond, soy, coconut or macadamia) are also good to add too!

How much should I add?



## Eggs & Egg Cartons

Eggs - no not chocolate easter eggs - but eggs with yolk and white can be used in the compost mixture too!

Even the egg cartons can be broken down by the worms and composted!

Eggs past its used-by-date? Bad eggs? Moldy or stale meringue, macaroons, or pavlova?

These can all be added to your compost bin!

Be weary - Artificial sugar is bad for the worms and compost! Avoid adding your desserts unless they use solely organic ingredients!

How much should I add?



Clean & Green Organics Composting Facility

### DO NOT Compost:

Animal meats, bones or meat leftovers, fish or fish bones, dairy products; like cow's milk or cheeses, artificial sugared sweets including chocolates, lollies or ice-creams.

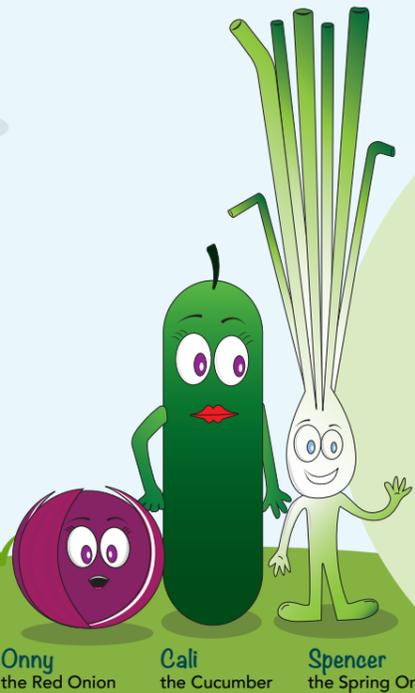
### Why?

We only take naturally grown and organic ingredients to make 100% Aussie organic composts. Artificially produced foods hinder the compost process and affect the naturally occurring worms and microbes in the soil.

# Composting with The Greeny Bunch



We're back!  
My friends & I  
Love to compost!



Onny the Red Onion, Cali the Cucumber, Spencer the Spring Onion



Pippa & Pippin the Passionfruit

## Nitrogen to Carbon Ratio

Fruit and Vegetables are nitrogen-rich ingredients (Greens), which when used in combination with carbon-rich ingredients like wood and paper (Browns), help stimulate micro-organism breakdown in the compost mixture.

Too many Greens and the compost gets smelly. Too many Browns and the compost will decompose very slowly.

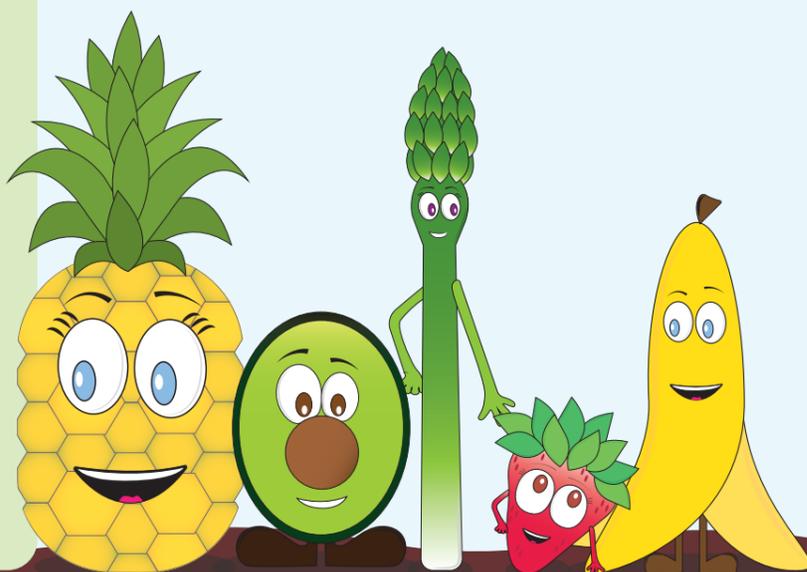
It's all about balance!

## Fruit & Veg Scraps

Shred, peel or chop your fruit and veggie scraps before adding these to your compost bin.

This ensures the organic matter can be broken down much more easily by nature's micro-organisms and worms.

Crush eggshells, chop up veggies, peel fruit skins, collect seeds, and more!



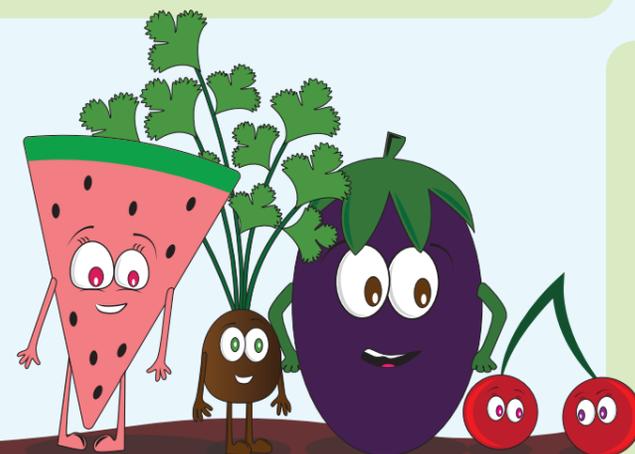
Patty the Pineapple, Anton the Avocado, Abbie the Asparagus, Stella the Strawberry, Benny the Banana



Sam the Silverbeet, Bruce the Brussel Sprout

## Composting Facility vs Home Composting

Composting facilities, like **Clean & Green Organics**, use technological and scientific measures to monitor and evaluate compost piles to ensure the organic matter is broken down properly without odour or nutrient-loss. Often home-composts can smell really bad, take a very long time to decompose or can attract pests or rodents at home because these compost piles are not properly monitored, heating up or mixed.



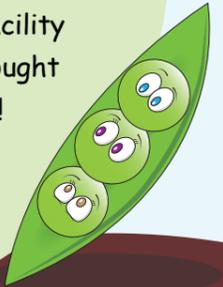
Willi the Watermelon, Corrie the Coriander, Ethan the Eggplant, Cheryl & Chelsea the Cherries

## Help the Greeny Bunch!

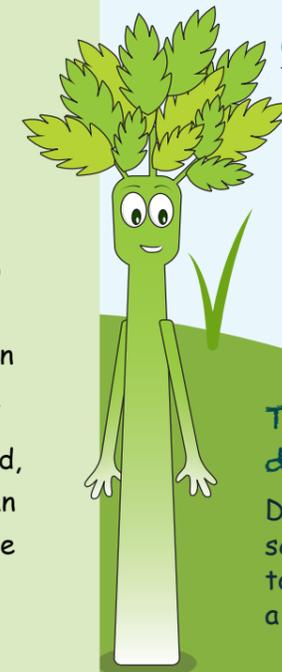
The Greeny Bunch friends are scared of the general rubbish bin. They know this rubbish ends up in landfill which is a death sentence for them!

Instead the Greeny Bunch friends look forward to going to the compost facility because they know they will be brought back to life in new organic soil!

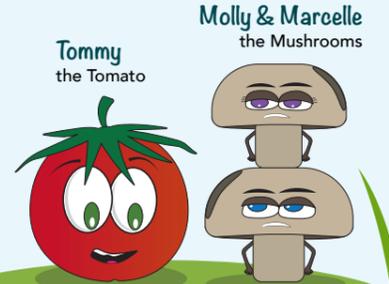
So let's compost the Greeny Bunch!



Penelope, Peta & Pier the Snow Peas



Cezar the Celery



Tommy the Tomato

Molly & Marcelle the Mushrooms

Take the stress out of doing good!

Discard your fruit and veggie scraps into a compost bin instead to be collected and composted at a composting facility!

## No Council Collection?

If your council doesn't have a compost rubbish collection system, write to your council to give **Clean & Green Organics** a call at **0434 208 513** or enquire on our website: [www.cleangreenrecycling.com.au](http://www.cleangreenrecycling.com.au)



Mr. Broad Bean the Broad Bean

# Staying Sustainable this Easter Time!

Like Christmas, Easter is the time we get together with the family, celebrate and splurge on lots of food for everyone!

Staying sustainable this Easter means being smart with our shopping and crafty with our leftovers! Here are some top tips for how we can stay sustainable this Easter season!

## 1. Make a Shopping List and Stick to it!

Plan your meals before you start shopping and don't shop when you're hungry - your eyes are bigger than your stomach! Shopping with a list helps reduce grocery bills too since you won't be accidentally over-buying!

## 2. Save leftovers!

Save your leftovers for weekday school or work lunches, or as dinner the next night! If your fridge is too full, give away your leftovers to your friends and family for them to enjoy!

## 3. Compost what can be Composted!

Whether cooked or uncooked, recycle as much of your organic food as you can to minimise organic food waste ending up in landfill!

Separate your fruits and veggies, breads, pasta and rice dishes, tea and coffee, eggs and egg-based desserts and add these to your compost bin!

Be careful, not all foods can be composted! Meats, fish, dairy, and artificial sugars, like chocolate easter eggs, cannot be composted so discard these into your general bin instead.

*There you have it, our top tips to stay food sustainable this Easter time!*

Every contribution you make, takes us one step closer to reducing food waste in landfills, and improving our environment, economy and community!

# Clean & Green Organics Soil Conditioner

Made from 100% recycled organic materials at our composting facility, **Clean & Green Organics Soil Conditioners, Composts and Soil products** are bursting with micro-organisms and nutrients essential for healthy garden growth and soil structure with proven results!

To order soil or enquire about organic waste, please call 0434 208 513 or send an enquiry through our Contacts page on our website!



## REFERENCES:

ABS, 2020, Waste Account Australia Experimental Estimates 2018-19, Australian Bureau of Statistics, 6.11.20, <https://www.abs.gov.au/statistics/environment/environmental-management/waste-account-australia-experimental-estimates/latest-release>

Australian Government, 2017, National Food Waste Strategy: Halving Australia's Food Waste by 2030, <https://www.environment.gov.au/system/files/resources/4683826b-5d9f-4e65-9344-a900060915b1/files/national-food-waste-strategy.pdf>

FoodPrint, 2020, Compost 101: What to Compost and How to do it, FoodPrint, <https://foodprint.org/eating-sustainably/composting-and-food-waste/compost-101/>

Foodwise, 2020, Fast Facts on Food Waste, blog post, <https://www.foodwise.com.au/foodwaste/food-waste-fast-facts/>

Gifford, D., 2020, 100 Things you Can (and Should) Compost, Small Footprint Family, blog post, <https://www.smallfootprintfamily.com/100-things-you-can-compost>

Lallanilla, M., 2020, What to Compost and What not to Compost, TheSpruce, blog post, 12.02.20, <https://www.thespruce.com/what-to-compost-1709069>

Rhoades, H., 2018, What you can Compost and What Not to Put in Garden Compost, Gardening Know How, 5.8.18, <https://www.gardeningknowhow.com/composting/ingredients/what-can-you-compost.htm>

University of Illinois, 2020, The Composting Process, Composting in the Home Garden, <https://web.extension.illinois.edu/compost/process.cfm>

Check out **Clean & Green Recycling** website to discover more information about Clean & Green services, news and special offers!  
[www.cleangreenrecycling.com.au](http://www.cleangreenrecycling.com.au)



**Clean & Green Newsletter** editions are released seasonally. For more information about **Clean & Green** news check out our website: [www.cleangreenrecycling.com.au](http://www.cleangreenrecycling.com.au)