

TALK TRASH NEWSLETTER

FOR MULTI-FAMILY TENANTS & PROPERTY OWNERS

HOW TO SAVE FOOD & REDUCE WASTE



Tips & Ticks:

- Plan and shop with meals in mind, only buy what you need.
- Learn how to store produce to keep it fresh for longer.
- Use leftovers.
- Eat all perishable foods first.
- Look for recipes that use leftovers or food that is close to going bad. (see below for a recipe)

Expiration Dates:

- The USDA states that if an expiration date has passed on a food item, it should still be safe to eat if handled properly.
- Food date labels may not be as strict as imagined:
 - “Best if Used By/Before” indicated best flavor or quality. It is not a safety date.
 - “Sell-By” date tells the store how long to display the item. It is not a safety date.
 - “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.



FREE RECYCLE BASKET & KITCHEN CADDIE

Recycle baskets and kitchen caddies allow you to store recyclable and organic material before placing the contents into the appropriate containers in or near your trash enclosure. If you are a Lakewood resident, come to City Hall during open hours to pick one up. (Proof of residency required)

SUSTAINABLE RECIPE TO REDUCE FOOD WASTE

Veggie Stock Recipe:

Save your veggie scraps and vegetables that have lost their crunchy appeal in the freezer until you have enough to make a flavorful veggie stock. You can even throw in onion skins, potato peels, and other veggie scraps from cooking to add more flavor.

1. Ensure that all your veggies are washed and dried well, including any vegetable peels you want to include in the bag.
2. Roughly chop the lackluster veggies into 2-3 inch chunks.
3. Place the veggie pieces and peels into a labelled storage bag and keep it in the freezer.
4. Add more veggie scraps, including onion peels, potato skins, and carrot ends to the freezer bag until the bag is full.
5. When you're ready to make a soup, pull out the bag and boil your veggie pieces in a pot of water on the stove for at least 30 minutes (up to 2 hours for more flavor).
6. Strain out the vegetable chunks and add salt and pepper to taste.
7. Use your delicious vegetable stock as a base to any soup or gravy (you can also use an ice cube tray to freeze the stock and store in a labelled freezer bag for up to 6 months).

Find more tips and recipes at <https://stopfoodwaste.org/>



FREE PAPER SHREDDING EVENT, E-WASTE COLLECTION, & COMPOST DISTRIBUTION

Saturday, May 3, 2025

9:00am - 12:00pm

City Hall Parking Lot, 5050 Clark Ave, Lakewood

Bring proof of residency

** Entrance off of Civic Center Way **

- Protect the security of your confidential information by shredding your personal documents ONSITE. The City of Lakewood and EDCO are sponsoring a FREE shredding event. Limited three banker boxes (10"x12"x15") per household.
- Unwanted electronics (e-waste) will also be collected including TV, computer monitors, printers, fax machines, VCRs, DVD players, and answering machines. Household hazardous Waste (HHW) will not be accepted.
- Free compost will also be available to residents while supplies last. Please bring your own cans/bags.

HOW TO DISPOSE OF BATTERIES

All batteries and electronic waste must be properly recycled or taken to a household hazardous waste disposal facility or event and NEVER placed in the trash, recycling or organics containers!

Lakewood Residents can also bring their household batteries to City Hall for proper disposal. Proof of residency is required.

SAFE DISPOSAL OF SHARPS AND PHARMACEUTICALS

The safest way to collect and dispose of sharps waste is to use only state-approved sharps containers. Check availability at distribution sites or ask your pharmacist or doctor for one. **Residents can obtain sharps collection containers at Lakewood City Hall.**

Unwanted or expired medications may not be flushed down the drain. There are drop-off locations for expired medications located at Walgreens and CVS. You can also check with your doctors office if they can take your expired medication and sharps. You can also take your medications to the EDCO facility.

EDCO has hazardous waste collection events every 2nd and 4th Saturday from 9:00am to 2:00pm at 2755 California Avenue Signal Hill, CA 90755.



HAZARDOUS WASTE DISPOSAL

FOR MORE INFORMATION ON WHAT IS CONSIDERED HAZARDOUS WASTE AND HOW TO DISPOSE OF YOUR ITEMS PROPERLY, CHECK OUT THE CITY WEBSITE (LINK BELOW) OR SCAN THE QR CODE

<https://www.lakewoodcity.org/Residents/Trash-recycling-and-hazardous-waste/Special-Trash-and-Hazardous-Waste>

