

# Mt.View Sanitary District

Residential Recycling & Waste Solutions



Sustainability in Action

## Keeping Your Recycle Cart Contamination-Free

Did you know that putting food waste or trash in the curbside recycle cart can ruin the recyclable material? For example, food waste can make paper and cardboard wet and soggy, preventing them from being recycled. Trash can disrupt a recycling facility's sorting processes, causing some materials to be landfilled. Read on for some tips on how to keep your recycle cart free of potential contamination.

### DO:

- Place only LOOSE (unbagged) recyclables into the recycle cart. If you aren't sure what is recyclable, visit [RepublicServices.com/MtViewSDCA](http://RepublicServices.com/MtViewSDCA).
- Only bag waste that will be placed into your trash cart.
- Break down and flatten boxes before recycling. If needed, cut cardboard into pieces to fit into your recycle cart – lid must be closed.
- Empty food and beverage containers. Wipe or rinse out food residue, as needed. Allow containers to dry before putting them into the recycle cart.

### DON'T:

- Don't overfill carts. Lids must be closed. Save extra materials to be placed in carts the following week or call Customer Service at 925.685.4711 to schedule an extra pickup.
- Don't place bagged waste or extra materials on top of your carts.
- Don't bag your recycling.
- Don't put any of these items into your recycle cart: food or food scraps; take-out coffee cups; clothing and textiles; hoses and cords; tissues, napkins and paper towels; or household batteries.



## THE REFRIGERATOR

*Demystified*

Up to 40 percent of food in the U.S. is never eaten. Stocking your fridge with these tips will help make a dent in food waste, saving you money while you do it.



### NEVER LET ICE BUILD UP

It forces your fridge to use more energy.

### THE UPPER SHELVES

The upper shelves are slightly warmer than below, and are a great place to store items that don't have a high safety risk

Great for leftovers, drinks, ready-to-eat foods like yogurt or cheese

### THE LOWER SHELVES

Food with a higher safety risk are better off in the coldest section.

The bottom shelf is the coldest place in the fridge. Store meat, poultry, and fish here in trays to prevent them from dripping.

### HIGH & LOW HUMIDITY DRAWERS



Carrots, Leafy Greens, Spinach, Arugula, Basil, Broccoli, Etc...

Pears, Apples, Grapes, Mushrooms, Peppers, Avocados, Berries, Etc...

Put most veggies, particularly those that might wilt in the high humidity drawer.

Put fruits in the low humidity drawer, along with vegetables that have a tendency to breakdown and rot.

The adjustable levers on the crisper drawers change humidity levels. If your refrigerator has these, set one to high (closed, less air coming in) and one to low (open, more air coming in).



### LEAVING THE FRIDGE DOOR OPEN



when you pour milk into your cereal wastes 7% of a fridge's energy, according to Home Energy Magazine.



That's the same as 830-2000 60W light bulbs each year.

**THE REFRIGERATOR DOOR IS THE WARMEST PART OF THE FRIDGE, GETTING A NICE DOSE OF WARM AIR EVERY TIME THE DOOR IS OPENED.**

It's a good place for condiments. It is not a good place for anything that is even moderately perishable. Though some models may have a compartment for eggs in the door, it's probably a better idea to keep them on one of the main shelves.



### 40 DEGREES OR BELOW

Because bacteria grow most rapidly between 40° and 140°, your fridge should be set to maintain a temperature of 40° or below



### DO NOT OVERFILL

The fridge needs air to circulate to be efficient. Allow enough space in between foods so that cold air can circulate all around.

Find out more about reducing food waste at [www.nrdc.org/food/wasted-food.asp](http://www.nrdc.org/food/wasted-food.asp)

## Landfill



## Recycle



Empty, Clean, and Dry

## Compost



BAGS: Compostable BPI (meets ASTM 6400 Standard) or Paper Bags; No Plastic Bags

- No Food
- No Paper
- No Green Waste
- No Recyclable Material
- No Hazardous Waste



- No Liquids
- No Textile
- No Carpet
- No Food
- No Green Waste
- No Hazardous Waste

Recyclables should be loose (no bags). Place household batteries and CFL's in baggies on top of recycle cart. Recycle motor oil in clear plastic containers with lid secured and drain oil filters and put in plastic bag, curbside.



- No Metal
- No Glass
- No Plastic
- No Hazardous Waste
- No Compostable Utensils Or Cups
- No Pet Waste

Organics should be loose or in compostable or paper bags only. No plastic bags. A second green cart is available for an additional fee. Call Customer Service, 925.685.4711, to request one.



16 October 2025  
**World Food Day**



for **Better Food** and a  
**Better Future**

## World Food Day 2025

Every year on October 16, people from more than 150 countries come together to celebrate World Food Day, joining forces to raise global awareness and take action to end hunger and ensure healthy diets for all. You can do your part to help create a more sustainable world with simple actions such as planning your meals carefully, using creative recipes to minimize food waste, donating and sharing food, or composting fruit and vegetable scraps in your backyard composting system. Visit [FAO.org/world-food-day](https://www.fao.org/world-food-day) to learn more about World Food Day, and check out [MVSD.org/sustainability](https://www.mvdsd.org/sustainability) for more sustainable resources.

Call customer service  
to schedule a pickup.  
**925.685.4711**



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