



1. Food waste's journey back to nature

By collecting food waste separately, both energy and nutrients are recycled. By allowing food waste to decompose, we can extract both automotive gas and plant food.

Food waste also makes it possible to successively replace petrol, diesel and artificial fertilisers that have to be transported a long way in order for us to use them. In contrast, automotive gas and plant food are locally produced. We already have food waste here!

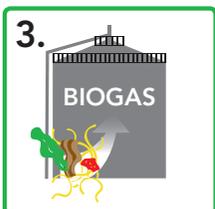


1. The waste bin

Fold and place the paper bag in the brown waste bin.

2. The refuse lorry

The brown waste bin is normally emptied at the same time as the green waste bin in a double-chamber refuse lorry where food waste and other residual waste are collected in two separate compartments at the same collection time.



3. The biogas plant

Food waste is stored temporarily at the Må waste facility and then transported later to a biogas plant in Härnösand to decompose in an oxygen-free environment.



4. Biogas

The food waste is turned into biogas for vehicles using a technique that exploits the microorganisms' natural ability to turn organic waste into renewable energy.

5. Fertiliser

The remains are used as fertiliser, for instance, forest fertiliser.

Read more at www.miva.se/matavfall.



QUESTIONS?

On our website miva.se/matavfall, you will find answers to the most frequently asked questions along with short videos showing you how to recycle your food waste. Of course, you are welcome to contact our customer service as well. Our contact details are given below.

Customer Service: +46(0)660-330 400, info@miva.se

Opening hours: Monday-Friday from 9 am to 3 pm (CET), closed for lunch 11.30 am to 12.30 pm

Report service problems to: +46(0)660-330 330

Switchboard: +46(0)660-330 300

Web site: www.miva.se

Visiting address: Sjögatan 4A, Örnsköldsvik

En del av ÖRNSKÖLDSVIKS KOMMUNKONCERN



TIPS AND ADVICE

How to recycle food waste in apartment blocks



*It's easy to do
the right thing!
Let me show you!*

Miljö och Vatten i Örnsköldsvik AB, Ågrenshuset 2016

www.miva.se/matavfall



HELLO!

In order to achieve a sustainable lifestyle, it is important that we recycle and return as much matter as possible to the earth. Separating and collecting food waste is one step in the right direction. The owner of your property has made a wise choice and you and your neighbours will shortly be getting acquainted with the new brown waste bins for food waste. Let us describe how you sort food waste separately and how it will be recycled.

How to recycle food waste

Start by screwing the bag holder onto the inside of a cupboard door or place it inside on the bottom your sink cupboard or some other suitable place. Using the bag holder is important so that air can circulate around the bag. The holder can be cleaned in a dishwasher.

The bag holder and ventilated brown food waste bin dry out the waste, which reduces the risk of the waste starting to rot and smell bad. Allowing air to circulate around the bag also makes it more durable.



1. OPEN OUT

Open out the bag and place it in the bag holder. Flatten out the bottom and fold down a lip around the top.



2. SCRAPE UP

Place your food waste in the bag. Allow wet food waste and shells to drain in the sink before placing in the bag. Use the sink scraper to scrape up and drain the waste.



3. FOLD DOWN

Fold down the top of the bag and place it in the brown food waste bin to reduce the risk of the bag leaking or breaking.



THAT'S IT!

Thank you for helping to make our way of life sustainable.

RUN OUT OF BAGS?

Contact your landlord or housing association if you run out of paper bags or if there are any problems or questions regarding your waste bins or waste disposal room.

Fill the bag only to the dotted line on the inside. Replace the bag often even if it is not full – at least every third day! If you are going to be away for more than two days, put the bag in the brown food waste bin before you leave.

Here is what you need

Once your apartment block has elected to recycle food waste, each household will be provided with the equipment needed:

- **Special paper bags**, which can be obtained free of charge in your building, usually in your waste room.
- **Bag holder**, which you can place conveniently inside your sink cupboard.
- **Sink scraper**, which you use to easily scrape food waste from your sink.



What is food waste?

Food waste is the waste that remains when you cook or eat food. In the green box below, there is a list of what you should recycle in the brown food waste bin.



To make the food waste drier so that the paper bag does not disintegrate, you can also mix in news paper, paper towels and white or unbleached napkins, and torn-up egg cartons.

YES!

- Leftover food (cooked or raw)
- Bread, crackers, biscuits and buns
- Vegetables, root vegetables and fruit
- Coffee grounds and coffee filters
- Tea leaves and tea bags
- Rice, flour and pasta
- Eggs and egg shells
- Shells from seafood
- Small bones from meat, fish, poultry
- Popcorn, candy and chocolate
- Flowers and leaves (not soil)

NO!

- Tobacco – cigarette butts and Swedish snus
- Chewing gum
- Soft plastic/plastic wrap
- Earth, clay, sand and gravel
- Cat litter
- Disposable nappies/diapers
- Sanitary napkins and tampons
- Textiles
- Vacuum cleaner bags
- Charcoal and ash

