

# Green Thanksgiving

Many Americans are thankful for a fantastic feast, including the nearly 90 percent who say they enjoy turkey on "Turkey Day."

But with the feast comes food waste—according to WorldWatch Institute, we generate **three times as much food waste** between Thanksgiving and New Year's as we do the rest of the year. Annually, the world trashes approximately one-third of all the food it produces, and the U.S. is responsible for more than 36 million tons of that.

Thankfully, there's ways to reduce that amount. Nearly two-thirds of Americans agree that eating Thanksgiving leftovers are even more important than the dinner itself! Join them by repurposing leftover food, then composting and recycling as much as you can. Follow these helpful tips to keeping your Thanksgiving feast green, and find even more tips at [www.beginwiththebin.org/thanksgiving](http://www.beginwiththebin.org/thanksgiving).

**Begin with the Bin™**   
BE SMART WITH YOUR RECYCLING & GARBAGE

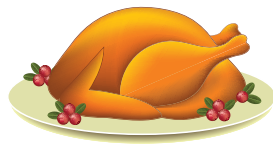
[www.beginwiththebin.org](http://www.beginwiththebin.org)



Show your thanks to the environment this holiday season—let's **Begin with the Bin** to recycle and compost what we can!

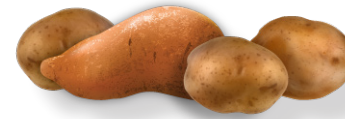
## Turkey, Ham and Other Meats

While delicious, these entrees do not belong in backyard composting bins. They are best repurposed into stocks, soups or other dishes, eaten as leftovers, frozen for future use or donated. Consider buying smaller portions that will suffice for your family's feast.



## Potatoes and Yams

Done with your leftover potatoes and their peels? These came from the earth, and they can go right back. Whether mashed, baked, fried, roasted, sweet or scalloped, bury these in your pile for proper composting.



## Food Packaging

Did your pie come in a plain cardboard box? Uncoated cardboard is compostable, especially greasy boxes. Most recycling services accept cardboard and paper packaging items that don't contain food residues.



## Bread

Stale bread does not equal bad bread! Take those rolls and repurpose them as croutons for salad, bread crumbs for baking or delicious bread pudding for dessert. When composting in the back yard, make sure to bury them so unwanted pests don't appear.



## Vegetables

Green beans, corn, squashes and other vegetables—including peelings, rinds and toppings—are compostable. Even whole pumpkins, after broken apart, can be composted. If you can't finish them in one sitting or save them, toss them in the pile. (Though you may want to remove their seeds.)



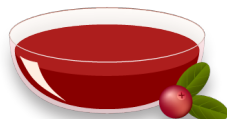
## Cans

Don't just toss empty sauce, soup or veggie cans. Rinse them out and recycle them.



## Cranberries and other Fruits

Fruit and vegetable scraps are perfect for composting, which requires a combination of nitrogen-rich "greens," like fruits and vegetables; carbon-rich "browns" – dead leaves, twigs, wood and even cardboard; water; and oxygen.



## Dessert and Coffee

Can't finish that fruit medley? Toss it, your coffee grounds and your filter into your composting pile. Coffee grounds are considered "green" composting ingredients.



## Beverage Containers

Recycle your bottles and aluminum cans. Caps can remain on the plastic bottles.



## Paper

Shred damp paper towels or used paper plates and toss them in your composting bin, and they'll break down.

