

Food Scraps PICKUP Program™

Daim Ntawv Taw Qhia





**Ua tsaug rau kev koom tes nrog lub
khoos kas khaws cov zaub mov seem!**

Siab tshaj li 20% ntawm cov thoob khib nyiab hauv tsev yog tej zaub mov seem, xwb li tawv txiv hmab txiv ntoo, plhaub qe, plhaub kas fes thiab lwm yam. Qhov ntawd hnyav li ntawd yim phaus ntawm tej zaub mov seem hauv ib tsev neeg toj ib lub lim tiam. Los ntawm kev cais cov khoom no, koj tuaj yeem hloov nws mus ua chiv es tsis txhob pov tseg.

Saib daim ntawv uas muab los nrog nyob rau hauv kom paub txog cov lus qhia meej txog lub khoos kas pab cuam.

Khi koj cov hlab zaub mov zeem rau ib yam li khi lub zais. Tshawb xyuas cov ntaub ntawv qhia hauv vis dis aus ntawm [FoodScrapsPickup.com](https://www.FoodScrapsPickup.com) tuaj kawm paub txog seb yuav ua li cas.

Thoob ntiaj teb! Ua kom txhua tus neeg hauv koj tsev neeg kom nrog thiab txhawb koj lub zej zog, phooj ywg, thiab zeg zog los koom tes ib yam nkaus thiab! Yog peb koom tes ua ke thiaj yuav pom muaj qhov txawv.

Cov ntau ntawv ntxiv:
[FoodScrapsPickup.com](https://www.FoodScrapsPickup.com)
651-661-9393
Scan tus QR code no



Ntawm no yog cov lus qhia siv cov hnab ntim cov khoom noj uas neeg yuav muab pom tseg.

1



Sau cov khoom noj uas koj yuav muab pov tseg koj los tso rau hauv cov hnab ntim cov khoom noj uas neeg yuav muab pov tseg.

Tsuas siv cov hnab uas nroog Ramsey thiab Washington muab xwb, uas yeej yog ib cov hnab npaj koj lo ssiv rau qhov kev pab cuam ntawm no. Peb yuav tsis muab cov khoom nyob hauv lwm cov hnab uas txawj lwj thiab cov hnab uas neeg ib txwm siv koj los ntim khoom pov tseg txheeb koj mus tso lwj ua chiv.

2



Ib zaug ib lim piam los sis thaum twg lub hnab puv lawm, muab lub hnab kaw thiab khi ib lub pob cos rau ntawm lub ncauj hnab.

Muab lub ncauj hnab ntim khoom noj khi ua pob cos zoo li thaum koj yuav muab ib lub zais roj hmab khi ua pob cos koj los ua kom cov khoom nyob hauv lub hnab tsis txhob xeej. Hom khi no yog qhov zoo tshaj plaws rau khaws lub hnab ntim.

3



Muab lub hnab ntim cov khoom noj uas neeg yuav muab pov tseg tso rau hauv lub laub rau khoom pom tseg los sis hauv lub thoob rau khoom pov tseg loj rau lub tsheb thauj khoom pov tseg tuaj thauj.

Tsis txhob muab lub hnab ntim cov khoom noj uas koj yuav muab pov tseg tso rau hauv lub hnab uas ib txwm siv koj los ntim khoom pov tseg. Muab lub hnab tso rau hauv koj lub laub rau khoom pov tseg los sis lub thoob rau khoom pov tseg loj. Yog koj muab lub hnab ntim cov khoom noj uas koj yuav pov tseg tso rau sab nraum ntawm lub laub tso khoom pov tseg los sis lub thoob rau khoom pov tseg loj los sis muab tso rau hauv ib lub thoob tso khoom pov tseg txawj (lub thoob rau cov khoom uas yuav koj mus ua dua tshiab los sis lub thoob rau tej nroj tsuag uas koj txiav ntawm tej tog vaj tog tsev), peb yuav thauj tsis tau lub hnab mus rau ntawm lub chaw uas yuav muab cov khoom noj txheeb koj mus ua chiv.

4



Ua tiav!

Tom qab khaws cia, cov khoom seem ntawm lub hnab ntim tau muab cais tawm ntawm cov thoob khib nyiab thiab koj mus rau qhov chaw tsim khoom siv compost.



Tswv Yim Pab Neeg Sau Khoom

Nws yeej muab ntau txoj kev zoo rau neeg los mus sau cov khoom noj uas lawv yuav muab pov tseg! Ua tib zoo xav saib yuav siv cov thoob zoo li cas thiab xaiv ib lub chaw cia cov thoob uas yuav zoo rau koj.

Cov kev xaiv thoob ntim muaj xws li:

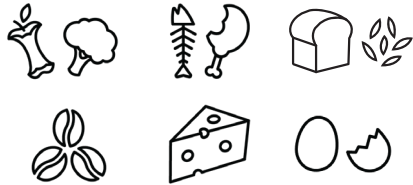
- Cov kev khaws tej zaub mov seem
- Cov thoob yas uas muaj hau kaw
- Cov kab poom hlau uas muaj hau kaw
- Cov thoob rau khoom pov tseg me, zoo siv nyob hauv chav dej
- Cov thoob uas ntim tau tsib kas loos uas muaj hau kaw
- Cov thoob rau khoom pov tseg loj, zoo siv nyob hauv chav ua noj
- Thiab lwm yam ntxiv!

Cov kev xaiv qhov chaw khaws cia muaj xws li:

- Saum lub chaw ua noj
- Hauv qab dab dej ntxuav tais diav
- Hauv chav khaws zaub mov
- Hauv tub yees los sis chav txias
- Ib sab ntawm thoob khib nyiab
- Hauv chaw nres tsheb
- Thiab lwm qhov ntxiv!

Txhawm rau kom txo cov ntxhiab tsw, siv lub thawv ntim ua smuaj lub hau huab cua nkaug tau los sis koj lub thawv rau hauv lub tub yees los sis chav txias. Hloov cov hnab ntim zaub mov seem txog ib zaug toj ib lub lim tiam. Nco ntsoov ntxuav koj lub thawv tsis tu ncu. Txhawm rau kom tsis txog muaj mos ntsuab los tsaw rau cov txiv hmab, khaws koj cov thawv ntim rau hauv lub tub yees los sis chav txias. Qee tus neeg txav lub thawv ntim khoom mus rau ib qho ntawm cov chaw no thaum lub caij ntuj sov, thaum cov mos ntsuab tsaw txiv hmab txiv ntoo tuaj yeem yog qhov teeb meem tau.

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✓ Txais cov khoom:

Tag nrho cov khoom pov tseg (tshem tawm cov ntaub qhwv thiab cov ntawv nplaum thiab cov zaub mov khoob ntawm cov thawv)

- Txiv hlab txiv ntoo thiab zaub (xws li plhaub, pits thiab rinds).
- Nqaij thiab pob txha
- Cov nqaij nruab deg (nrog rau cov pob txha, nplai thiab plhaub)
- Qe thiab plhaub qe
- Cov khoom noj mis nyuj (xws li cheese thiab yogurt)
- Zaub mov, tortillas, pasta, mov thiab cereals
- Taum thiab lentils
- Kas fes hauv av thiab lim (tsis muaj kas fes pods)
- Tshuaj yej nplooj (tsis muaj tshuaj yej hnab)
- Pob kws cobs, pob kws husks thiab paj kws kernels.
- Pastries, pies, khob noom cookie thiab khoom qab zib
- Tshuaj ntsuab thiab txuj lom
- Txiv ntseej thiab txiv ntseej plhaub (tshwj tsis yog walnut plhaub dub)
- Noob (nrog rau cov noob noog)
- Tsiav noj
- Pwm los yog khoom noj rotten
- Cov ua muab tshib pov tseg los ntawm lub tsev cog nroj tsuag
- Cov khoom ntoo me me (xws li rawg, tus pas ntoo los ntawm tu popsicle, thiab pas dig hniav)
- Nplooj tshuaj yej thiab cov hnab ntawv ntim tshuaj yej



Tsuas yog BPI tau lees paub cov khob, phiab, cov tais diav, hnab, daim ntawv tsiav uas cia sau ntawv rau, ntawv siv quav ciab zaws thiab lwm yam. Xyuas tias cov khoom lossis ntim khoom muaj lub cim “compostable” los ntawm Biodegradable Products Institute (BPI) ntawm nws.

Tsis Txais:



- Tshauv
- Roj teeb lossis hluav taws xob pov tseg
- Dub Txiv paum luj plhaub
- Daim ntawv neeg tua tsiaj, ntawv siv quav ciab, ntawv parchment lossis khob muffin (tsis muaj BPI logo)
- Cartons (xws li mis nyuj, cawv txiv hmab, kua zaub thiab ice cream cartons)
- Huav taws kub
- Noj cov pos hniav
- Cov luam yeeb
- Cov paj rwb thiab swabs
- Cov tsiaj uas tuag lawm, suav nrog rau cov khoom pov tseg thaum koj tseev ntses los sis tua tsiaj.
- Kev kho hniav
- Daim ntaub
- Dryer lint los yog cov ntawv ziab khaub ncaws
- Ntim khoom noj
- Frozen zaub mov thawv
- Hnab looj tes, balloons lossis cov khoom zoo sib xws
- Roj los yog roj
- Cov plaub hau thiab ntsia thawv clippings
- Cov khib nyiab pov tseg (nrog rau cov xim, tshuaj ntuxuav thiab cov kua hauv tsheb)
- Cov kua dej
- Cov tshuaj thiab cov vitamins
- Microwave hnab paj kws
- Cov ntawv lossis cov khoom yas (xws li daim hlau, tais, khob thiab cov thawv ntim khoom) tsis muaj BPI logo
- Cov tsiaj khib nyiab, khib nyiab lossis txaj
- Cov khoom siv tu cev
- Hnab yas
- Polystyrene (Styrofoam™)
- Tsim cov ntawv nplaum
- Cov khoom siv rov ua dua tshiab (lub thawv, thawv, iav, hlau, ntawv thiab yas)
- Pob zeb, av los yog av
- Roj hmab los yog roj hmab bands
- Ntses
- Shredded ntawv
- Cov thoob khib nyiab
- Lub hnab nqus tsev vacuum thiab cov khoom siv los yog hauv pem teb cheb
- Wax
- So (txhua yam)
- Ntoo los yog sawdust
- Cov hnab ntim khoom lossis cov thawv ntim khoom (nrog rau cov thawv ntim khoom noj) tsis muaj BPI logo
- Daim ntawv qhwv, daim ntaub so ntswg, daim ntawv ntim, daim kab xev los yog daim ntawv txais nyiaj.
- Yard thiab vaj pov tseg (nrog rau cov nyom, nplooj thiab ceg)
- Cov thawv ntim pizza



 RAMSEY COUNTY

Washington
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