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Ottawa, Sandusky, Seneca Joint Solid Waste District



Press Release



FOR IMMEDIATE RELEASE

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Tips to Reduce Food Waste For Thanksgiving Celebrations

Thanksgiving is a time to be thankful for what we have in our lives and to spend it with friends and family while enjoying great food. It is also a time to reflect on the bounty of our food supply. Each year, as we put away our Thanksgiving dinner leftovers, it's amazing at how much we cooked, shared, gave away and what was left over for your own family. This Thanksgiving, take a moment to consider how much food is wasted in your house and multiply that by everyone in this country.

Food for thought. According to the Ohio EPA, the typical household throws away an estimated 474 pounds of food each year. In Ohio, this is enough food scraps to pile on a football field as high as the Willis Tower (former Sears Tower in Chicago) – more than 1,450 feet high. The OSU and MU game could never be played.

In an effort to reduce food waste this year, act on one or more of the following tips. A few of these ideas could become a lasting tradition in your household and best practices to use throughout the year.

Reducing food waste starts with meal planning. Before shopping, take a look at what you have in your fridge and pantry so you don't end up buying duplicate ingredients. Using up what's currently in your refrigerator allows you to clear space for those Thanksgiving ingredients and post-Thanksgiving leftovers. Careful menu planning and portion control helps to minimize wasted food. When considering how large of a turkey you may need, the USDA recommends allowing

for one pound of turkey per person. A great way to reduce the amount of the host's leftover food is to send extras home with others. Ask family and friends to bring reusable containers with them before they arrive. Leftovers can then be distributed to take home. If leftovers are bountiful, think about freezing foods to eat at a later time. Try being creative, turn leftover turkey into a turkey risotto or change up your grandmother's old casserole recipe for a good foodie twist. After exhausting all reuse, repurpose, giveaway, donate or feed animal options, then dispose of unwanted food scraps and leftovers by composting or lasagna gardening the fruits, veggies and grains. Composting creates nutrient rich soil for crops, plants and trees creating a nutrient cycle to grow next year's harvest.

This holiday season, divert food waste from going to the landfill. Applying even just one tip could have a lasting effect to become habit each day of the year. No one wants to throw delicious food into the trash or compost bin. Food that we prepare and share with others year round should have the same respect.

So here's to a Happy and Food Waste Free Thanksgiving. The OSS Office wishes you bon appetit, gutes essen, bia maith, dobre jedzenie or all of the above and more! Cent'Anni.

Contact the District for recycling information and events at www.recycleoss.org. Join us on Facebook at: *Ottawa Sandusky Seneca Green Recycling Scene* and hit like. Follow Twitter: OSS Solid Waste @Aim2BGreen. Call the District's main office at 419-334-7222 or toll-free at 1-888-850-7224. Danke schoen, gracias, vinaka and more thanks.