Welcome to food waste sorting!

A large proportion of our waste consists of resources that can be recycled, and with your help we are now closing the waste cycle still further. By sorting your food waste, you contribute to biogas and biofertiliser for our region. Biogas replaces petrol and diesel and therefore reduces the greenhouse effect. Biofertiliser replaces artificial fertilisers and is used as plant food in agriculture.

How to get started with food waste sorting

You have received paper bags together with a bag holder in plastic. Attach the bag holder to a suitable place, for example on the inside of a cabinet door under the sink, insert a paper bag into the holder and then start sorting! When the paper bag is two-thirds full, it’s time to place it in the new container for food waste in the waste disposal room. When you need more bags you can collect these free of charge from local supermarkets.

Remember that you should only use paper bags supplied by Roslagsvatten as other bags can disrupt the process.

Practical tips for sorting your food waste

When you sort your food waste, the most important thing is to make sure that it isn’t too wet. This will avoid the majority of problems that can otherwise occur. If you follow these tips your food waste sorting will work well.

- Use the bag holder for the food waste bag; this ventilates away the moisture and ensures the bag can be filled with food waste without the risk of splitting.
- Allow excess moisture to run off the food waste thoroughly before placing it in the bag.
- It is recommended to place a small amount of kitchen paper in the bottom of the bag before you start adding food waste. This will absorb any moisture.
- Fill the food waste bag to only two-thirds of its capacity. It will then be easier for you to close the bag properly.
- By wrapping fish and shellfish remains in kitchen roll before placing them in the food waste bag, you can reduce any unpleasant smells.
- Close the paper bag properly before placing it in the container in the waste disposal room. Any uncovered food waste in the container risks attracting flies.
- Change the bag in the kitchen often in the summer to avoid smells and flies.
Things you must not put in the food waste bag:

- Plastic bags, cling film or aluminium foil
- Cigarette butts, tobacco or ash
- Nappies, sanitary towels or wet wipes
- Dust, vacuum cleaner bags
- Wine corks, capsules and food packaging
- Ice cream sticks, chopsticks
- Pizza boxes
- Cat litter or sawdust from pets
- Wax candles
- Textiles or similar materials

Things you can put in the food waste bag:

- All kinds of food residues, both raw and cooked, from things like vegetables, fruit, fish, meat, egg and flour
- Peel from fruit and vegetables
- Pasta, noodles and rice
- Bread, biscuits, cake and sweets
- Egg shell
- Cut flowers and smaller pot plants without soil

You can also add these to the food waste:
- Kitchen roll, coffee filters and tea leaves

Information from Roslagsvatten
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