



TEKNISKA
VERKEN

THANK YOU FOR THE FOOD

How to recycle food waste



SORT WASTE CORRECTLY, RECYCLE MORE AND THROW AWAY LESS

Sorting and collecting food waste can be very beneficial for both humans and the environment. Sorting your waste is one of the best things you can do as an individual for the environment – together, we can make a big difference. When you sort out leftover food and organic waste, it can be made into new energy that can be used in several ways. So your food waste will be put to good use even after you have thrown it away!

Waste less food

If you have leftovers after dinner, put them in a lunch box and take them to work the following day. A good way of reducing food wastage is to have a “leftovers feast” once a week.

Only one
bag at
a time.



HOW TO DO IT

Waste-sorting starts in your own kitchen. Food waste must no longer be thrown away with household waste. It must be sorted into a biodegradable bag made of corn starch. Then tie the food waste bag up and put it in the brown bin by your property.

Tekniska Verken provides brown bins for food waste that hold 140 litres. You will be given enough food waste bags to last for a whole year, a sink scraper and a bag holder to put under your sink. Use the holder provided by us since it is specially designed for the bags that are included in your waste disposal subscription.

Use the “freeze shelf”

On the inside of the bin, there is a shelf that can be folded out. Always put your bag of food waste on the shelf when you discard it in the bin. In winter, this reduces the risk of bags freezing together and to the bottom of the bin. In summer, this helps the bag to dry out which reduces weight and smell and improves hygiene.

IMPORTANT! Only use the food waste bags provided by us. Ordinary plastic bags cannot decay and they prevent the manufacture of biogas and bio-manure.

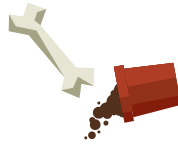


WHAT IS FOOD WASTE?

Here you can see what things you can throw away in your food waste bag and what things are not biodegradable and must be sorted differently. The basic rule is that food waste that is biodegradable is essentially food that we humans can chew and swallow.



- Leaves and stems
- Bread, biscuits and cakes
- Leftover fruit, fruit peel and banana skin
- Vegetables and peelings
- Meat, fish, poultry & shellfish
- Leftover food
- Small meat bones
- Undyed napkins
- Undyed kitchen roll
- Cheese
- Pasta and rice
- Cut flowers
- Tea leaves and coffee grounds
- Eggshell



- Ash
- Sanitary towels
- Planting soil
- Nappies
- Cigarettes
- Vacuum-cleaner bags
- Packaging
- Ice cream sticks
- Cat litter
- Plastic bags
- Snuff (*snus*)
- Large meat bones
- Tampons
- Garden waste
- Chewing gum

What happens to food waste?

Food waste is collected by a refuse lorry with several compartments where food waste and other waste are separated. The food waste is then transported to a biogas plant, where it is turned into biogas and fertiliser in the form of bio-manure. For this to work, it is important that food waste is not mixed together with packaging, household waste or other waste.

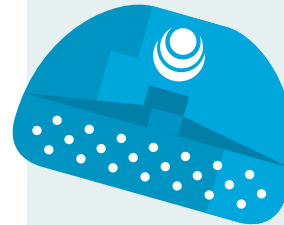
Grease and oil must not be poured down the kitchen sink or the toilet.

If you use the funnel we provide, it is easy to pour oil into a bottle which you then throw away in a household waste bag.

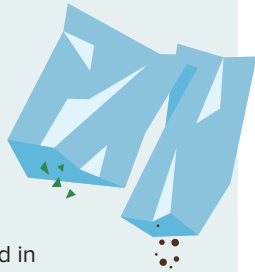


Let water drain away from peelings and other organic waste in the kitchen sink

and then use the sink scraper to put the waste into the food waste bag.

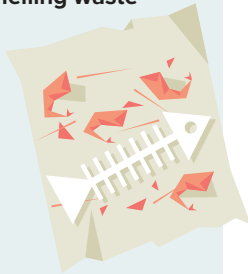


Food that has packaging around it, for instance, bread in a plastic bag, lettuce wrapped in plastic or meat on a plastic tray, must be removed from the packaging.

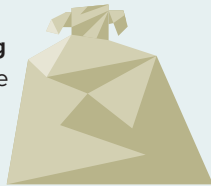


Rinse off foul-smelling waste

such as shrimp peelings and fish in cold water and then wrap it in paper before throwing it into the food waste bag.



Never fill the bag completely, make sure you have space to tie it up without spillage.



DO YOU LIVE IN A FLAT OR A HOUSE?

No matter whether you live in a flat or a house, you must sort your food waste and other waste. If you live in a house, terraced house or holiday home, you will get a bin and a starter kit for food waste sorting delivered to your home. If you live in a flat, you will be given the same things from your landlord.



HOUSE

Food waste is put in the brown bin which is emptied every four weeks in winter and every two weeks in summer. The bin for food waste and the bin for other waste are emptied on the same day of the week. Both bins must be placed at the edge of your garden so they open facing the road, latest 06.00 on the collection day.



FLAT

Food waste is sorted and put in a brown bin. It is your landlord's responsibility to make sure there is a bin for food waste in the waste sorting room or where the bins are kept. You will be given more information by your landlord.



HOLIDAY HOME

Food waste is sorted and put in a brown bin. In some areas, a bin will be placed next to your house; in other areas, several bins will stand together in one place. The bins will be emptied during the holiday home period which is from week 10 to week 42, (roughly from March to October), every four weeks in winter and every two weeks during the summer.

How can I get more food waste bags?

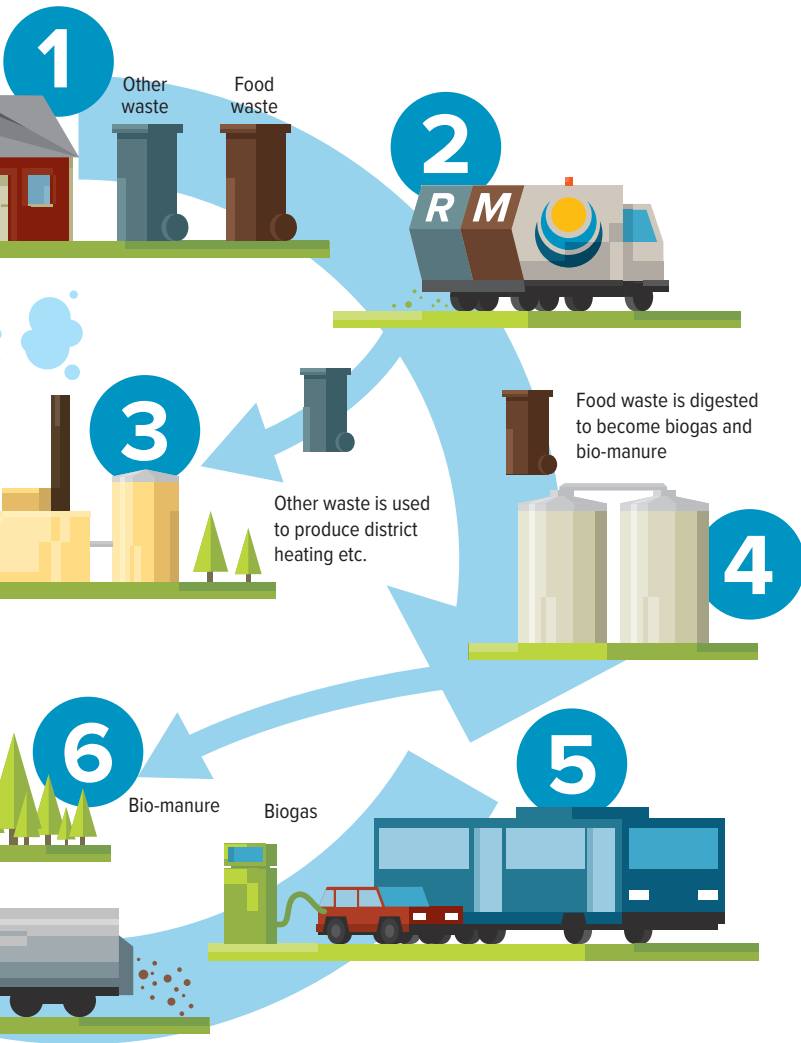
Your waste disposal subscription includes enough food waste bags for a whole year. Should they run out, you can contact **Tekniska Verken** or collect more from a recycling centre or the city hall.

THE BIO-CYCLE OF FOOD WASTE

Regardless of where you live, it is important to sort waste for the sake of the environment and our future. Thanks to recycling, natural resources can be retained in nature's bio-cycle for longer.

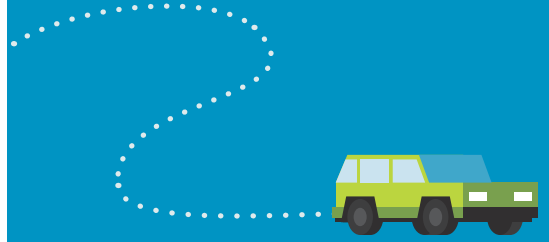
1. Put your food waste into the biodegradable bag. The bag is placed in the brown bin.
2. Refuse lorries with separate compartments for food waste and other waste will collect the waste from the brown and grey or green bin from your home.
3. Other waste is used for district heating, etc.
4. The food waste is transported to Boden to become biogas and bio-manure.
5. The food waste is ground to make slurry which is then turned into biogas, a pure and renewable fuel that can be used for buses and cars.
6. The residual product that remains after the biogas production process is called bio-manure. It contains beneficial micro-organisms that can be used in both agriculture and forestry.
7. New nutritious foods such as carrots and potatoes will grow in the soil that has been fertilised with bio-manure made from old food waste.
8. In your home, you will be able to eat the carrots produced through this bio-cycle.
9. After you have sorted and thrown away your carrot and potato peelings, the whole process starts over again. It's quite simply a bio-cycle that goes round and round.





Do you know that

- One ton of digested food waste enables a biogas car to drive 1,250 kilometres, that is, all the way from Kiruna to Stockholm.
- A car that runs on biogas avoids 2,800 kilograms of carbon dioxide emissions every year compared with a car fuelled by petrol.
- If 100% of Sweden's food waste was recycled, it would be the equivalent of 100 million litres of petrol.
- The total potential for producing biogas in Sweden could fuel 900,000 eco-friendly cars.



TRANSPORT OF FOOD WASTE

Studies have shown that food waste can be transported long distances without the environmental benefits being lost. Therefore, transporting food waste from Kiruna to Boden is positive from an environmental point of view and, in addition, good use can be made of the return journey.

Transport between Kiruna and Boden uses just over 215 litres of fuel each way. A lorry has space for about 30 tonnes of food waste. This corresponds to an energy potential of about 3,000 litres of fuel, which means the distance would have to be seven times longer in order for the consumption of fuel to be greater than the environmental benefit.

A refuse lorry or a local town bus can drive just over 2.5 kilometres on the biogas that is produced from one bag of food waste.

BIOGAS

Biogas is formed when waste decays, is digested in an oxygen-free environment and then purified. The process usually takes 15–30 days. Biogas has many areas of use, such as fuel for vehicles, to produce district heating and as a raw material or energy source for industries.



MORE USEFUL TIPS

- Change the bag about every three days, but do not fill the bag to more than about two thirds so it can be tied up properly.
- Wash off and clean your food waste bin a couple of times a year. Spray it with a little vinegar to get rid of any bad smell.
- The bag container has holes in its sides to ensure air can circulate around the bag. Air reduces the risk of smell and the bag breaking which is why there is no lid.

HOW TO SORT YOUR WASTE

Almost everything we use at home will turn into waste at some point. In your kitchen, you can sort out packaging, newspapers, glass and cans to turn your waste into resources. All sorted waste saves energy, nature, resources and money when it is recycled.

Long-term, smart and sustainable.

Put all your packaging in the waste-sorting bag!



BATTERIES

Small batteries should be put in the battery boxes that can be found in many shops, in an EL:IN cabinet or taken to a recycling centre. Car batteries can be handed into retailers or a recycling centre. Appliances, toys, etc. with built-in batteries are sorted as electrical waste and handed in to a recycling centre.

LANDFILL

After you have sorted your waste, there will be some items that cannot be recycled nor burnt. This is called landfill waste and it must be thrown away in the designated landfill area. Some examples of landfill are ceramics, porcelain, mirrors and window panes, plaster, fiberglass, concrete, earth and stones.

ELECTRICAL WASTE

Electrical waste must be handed in at a recycling centre. Electrical waste means any kind of electronic appliance that has a cord or a battery, such as household appliances, computers, mobile phones, televisions and vacuum cleaners. Small items of electrical waste can also be put in an EL:IN cabinet.

HAZARDOUS WASTE

All hazardous waste must be taken to your nearest recycling centre. Batteries, lamps, leftover paint, nail-varnish, chemicals, oils, printer toner cartridges and electronic devices are examples of hazardous waste.

FAT AND OIL

Small amounts of fat and cooking oil can be divided up into smaller packs and thrown away with household waste. Large amounts of fat/oil must be taken to a recycling centre.

PACKAGING

Packaging is taken to a recycling station. Look at the next page for details.

BULKY WASTE

Bulky waste is the sort of waste that is created when you move house, clear out a shed, do renovations or tidy up the garden. Some examples of bulky waste are furniture, bicycles, sleighs, toys, bulky household items and leftover building materials. Bulky waste must be taken to a recycling centre.

LATRINE

Latrine must be handed in to one of our recycling centres and must never be thrown away in household waste. We will only accept latrine if you have used an approved and fully-sealed latrine container.

LIGHT SOURCES

All types of light bulbs, energy-saving bulbs, fluorescent lamps, LED lamps and other light sources must be put in a lightbulb box, an EL:IN cabinet or taken to a recycling centre.

LEFTOVER MEDICINES

Leftover medicines and other medical articles such as needles, inhalers, tubes, capsules and pills must be taken to your nearest pharmacy.

GARDEN WASTE

Garden waste such as leaves, grass, shrubs, branches and stumps must be taken to a recycling centre.



RECYCLING STATION

Packaging made of glass, metal, paper and plastic and newspapers must be taken to a recycling station.

PLASTIC PACKAGING

- Bottles and containers
- Small jerricans and buckets
- Plastic carrier bags
- Plastic bags
- Plastic tubes
- Refill packaging
- Styrofoam
- Plastic clingfilm
- Inner bags from, for example, cereal packets

METAL PACKAGING

- Tins
- Lids
- Tubes
- Aluminium foil
- Bottle tops
- Empty aerosols
- Empty paint tins
- Foil containers

COLOURED GLASS

- Bottles
- Jars

PAPER PACKAGING

- Pasta and cereal packets
- Milk and juice packets
- Sugar bags
- Paper carrier bags
- Cardboard boxes

NEWSPAPERS

- Newspapers
- Computer and printing paper
- Brochures
- Magazines
- Advertising flyers

COLOURLESS GLASS

- Bottles
- Jars

By choosing packaging that is easy to sort, by avoiding unnecessary packaging, and by buying refills, you can start the waste sorting process even as you shop.

RECYCLING CENTRE

Anything that cannot be recycled at a recycling station and cannot be thrown away in household waste must be taken to a recycling centre, for example, hazardous waste, electronic devices, bulky waste, furniture, toys, garden waste, etcetera.

ELECTRONIC DEVICES

- Computers
- Televisions
- Household appliances
- Toys (electronic or with a built-in battery)
- Mobile phones
- Vacuum cleaners
- Christmas tree lighting
- Headphones
- Hairdryers
- Toasters

HAZARDOUS WASTE

- Nail-varnish
- Solvents
- Cleaning agents
- Pesticides
- Chemicals
- Mercury thermometers
- Paint
- Varnish
- Glue
- Oil
- Gas cylinders
- Aerosols

GARDEN WASTE

- Flowers and wilted plants
- Large quantities of planting soil and cat litter
- Trimmings from trees and shrubs
- Branches
- Leaves
- Grass
- Moss
- Pine needles
- Bark

OTHER WASTE & BULKY WASTE

- Porcelain
- Fuses
- Drinking glasses
- Cleaning buckets
- Furniture
- Clothing
- Textiles
- Barbecue grills
- Toys
- Bicycles
- Building materials
- Pots and pans
- Frying pans
- Windows
- Plaster
- Bricks/tiles
- White goods/ Large household appliances
- Insulation

THE SUSTAINABLE COMPANY

By sorting your waste and recycling, you will contribute in a very easy way to making both Kiruna municipality and the world more sustainable.

You will find information about food waste, other waste and waste sorting on our website. There, you can also see which district you belong to, which collection days apply to you, the opening hours at the recycling centres, information about our operations, "My pages" and much more.

www.tekniskaverkenikiruna.se



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