

NOVEMBER 2021



RECYCLING MATTERS

FOR A WASTE-FREE COLLAR CITY



WHAT'S INSIDE OUR NEWSLETTER:

*FOOD WASTE +
THE HOLIDAYS*

COMMUNITY NEWS

*UPCOMING EVENTS
SCHEDULE*

Love your Leftovers

With sweet treats, hot meals and other feasts heading our way the next few months, this could mean lots of leftovers for some - and wasted food. In this issue of **Recycling Matters**, we dive into reducing food waste, creating sustainable chocolate confectionaries, and an update on our city-wide composting program, From the Ground Up.

Reducing Food Waste

The EPA estimated in 2020 over 24% of all garbage was from wasted food. Twenty-four percent! With that much food reaching the landfill, here are some ways to rescue your food so it doesn't go to waste:

- Plan your grocery trips, and plan for your groceries - make lists of what you have and what you need
- Check your pantry and freezer for inspiration - see what you have on hand and create a culinary masterpiece!
- Love your leftovers - plan a regular night to finish off the leftovers in your fridge
- Your freezer is your friend - have extras? Pop 'em in the freezer until you need them next
- DONATION + RESCUE: your uneaten foods, such as pantry goods, produce, and prepared but unserved foods, can go to those in need.

Donation + Food Rescue

If you have too many shelf-stable pantry goods, such as canned or dried items, consider donating them to a food bank or pantry nearby. Check the guidelines for each bank or pantry to make sure they're accepting donations. To find one closest to you, search at either of these links:

For local Food Banks:

<https://www.feedingamerica.org/find-your-local-foodbank>

For local Food Pantries

<https://regionalfoodbank.net/find-nearest-agency/>

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Community News

Primo Botánica

This issue, we spoke with Oliver Holecek at Primo Botánica to get the scoop on how his business chooses **local**, **organic**, and **fair trade** products to support their producers.

Primo Botánica is a plant-based chocolate confectionary on Broadway. Oliver is the founder and lead chocolatier, and wants "Primo's" products to be good for people, and the environment.

When finding ingredients, Oliver chooses ones which are **local**, **organic**, and/or **fair trade**. **"Working directly with people who are producing their product is a shortcut to buying sustainable products."** Oliver said.

Local: close to our area.

Organic: grown without chemicals.

Fair trade: producers are paid fair wages for their products.

By choosing ingredients which are local, customers can see where their food comes from, "bringing more context into food and, specifically, chocolate," Oliver said.

Most foods in grocery stores are shipped long distances, which means more trucks, trains, and airplanes are used than for local ones. Buying local means less gas is used to move products, you're supporting local businesses (and our economy), and you know exactly how your food is grown, or made.



Pictured: chocolate bars in a small display with coffee beans in front.

To make sure Primo Botánica is doing everything it can for the environment, they use paper and compostable plastic to wrap the chocolate bars. Oliver hopes to use packaging from **Ecovative**, a New York-based company who uses mushrooms to create their packaging in the future.

One thing Oliver dreams of is having Primo Botánica as a "food-hub" where local producers can freeze-dry, dehydrate, or preserve their foods so vitamin rich, local foods can be available on shelves for longer. **"Chocolate will be the vehicle to get us there," Oliver said.**



Pictured: three shelves with Primo Botánica's chocolate bars wrapped in dark brown paper with colorful product stickers.

Please contact newsletter author and Recycling Specialist, Naomi Pitkin, via email at Naomi.Pitkin@troyny.gov or phone at (518) 279-7313 for other Troy businesses and/or organizations to feature. We look forward to hearing from you!

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From the Ground Up: Troy's Citywide Composting Program

Our three-phase program, in partnership with FoodScraps360 and the Town of Bethlehem, officially kicks-off TODAY, November 1st, for all phase 1 participants. Thank you to all who supported this program by signing-up and sharing the news, and thank you to the USDA for selecting our proposal to receive grant funds. Now to keep those food scraps out of the landfill!



Pictured: logo for From the Ground Up with green bold font, the TROY NY logo with plants growing from the top

All slots in all phases of the program have been filled, but here are some other ways to get involved in composting:

- Regular food scraps drop-offs at the Troy Resource Management Facility (formerly known as the Alamo); Thursdays 9 AM to 1 PM, starting November 18th
- Visit www.troymarket.org for updates on their winter market food scraps drop-off plan
- FREE composting workshops from a master composter, starting date TBD
- Discounted composter and rain barrel sales through our vendor, BrandBuilders at www.troy.compostersale.com

Upcoming Events

COMMUNITY-BASED SUSTAINABLE EVENTS

'COLLAR CITY CLEAN UP'S' CLEAN UPS

THURSDAYS - DETAILS @COLLARCITYCLEANUP ON INSTAGRAM

FIRST-ANNUAL PUMPKIN SMASH - SIGN UP HERE

SATURDAY, NOVEMBER 13 AT THE TROY ATRIUM

FOURTH STREET ENTRANCE

AMERICA RECYCLES DAY

MONDAY, NOVEMBER 15

HOLIDAY LIGHT RECYCLING PROGRAM

NOVEMBER 15TH THROUGH JANUARY 15TH

DROP-OFF LOCATIONS THROUGHOUT TROY

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