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FREE! Waste Management Presents... **Cook Waste-Free At Home** A SERIES OF WASTE-FREE COOKING DEMOS

Look for the WM Waste-Free Cooking Station at events this summer.

Take the food scrap recycling pledge while you're there and you'll be entered to win a food scrap recycling kit and \$150 in groceries.

Tuesday, October 2

Event: Carnation Farmers Market
W Bird St & Stossel Ave NE
Carnation, WA 98014

Chef: Lisa Dupar

Demo Times:
3:30 pm, 4:30 pm
& 5:30 pm

Thursday, October 11

Event: Snohomish Farmers Market
Cedar Ave & Pearl St
Snohomish, WA 98290

Chef: Adam Hoffman

Demo Times:
3:30 pm, 4:30 pm & 5:30 pm

Did you know almost 30% of what goes into the garbage is made up of food scraps and food-soiled paper?

Maybe it's time for your signature dish to be one that pleases both the palate and the earth. By recycling your food scraps and food-soiled paper, you can help reduce the amount of garbage going to the landfill and save valuable resources from going to waste. Join Waste Management and local chefs Lisa Dupar and Adam Hoffman for a series of FREE waste-free cooking demos this summer! You'll learn how cooking meals and recycling food scraps can be environmentally friendly and unbelievably delicious.



Meet the Chefs



Lisa Dupar of Pomegranate Bistro and Lisa Dupar Catering

For nearly 30 years, Seattle-based chef and author Lisa Dupar has created food inspired by her Southern roots while honoring classic techniques and amazing local ingredients. In 1984, Lisa opened her first restaurant, Southern Accents, which focused on Southern classics like shrimp and grits. Building on her success, she started a catering company, Lisa Dupar Catering, which currently executes 1,500 events a year. In 2005, Lisa opened Pomegranate Bistro, a causal restaurant outside of Seattle which she lovingly calls her "culinary playground."

Featured Recipes - Lisa's Southern Fried Chicken, Rich Man's Gazpacho and Beets and Blue.



Adam Hoffman of Adam's Northwest Bistro & Brewery

Adam has been a figure in the Puget Sound culinary scene for almost two decades. After working at Café Juanita, Sunset Club, Assaggio Restaurant, Figaro Bistro and serving more than a decade at Rover's with Chef Thierry Rautureau, Adam opened his dream restaurant, Adam's Northwest Bistro & Brewery in Monroe, Washington in 2011. A passionate advocate of sustainable, organic and locally grown food, Adam bases his upon seasonal ingredients sourced from the Northwest.

Think Green. Cook Green! Recycle your Food Scraps!

You can recycle food scraps and food-soiled paper easily in your kitchen.

Here's how to get started...



- **Sign up for curbside food and yard waste collection.** Call Waste Management at 1-800-592-9995. Or, [click here](#), then choose your local service area and refer to the "curbside collection" section.
- **Get a kitchen collection container.** Buy a container specifically made for food scraps, or just use a reusable container you have around the house – a yogurt container or a coffee can with a lid works well. Learn more about compost containers [here!](#)
- **Start recycling your food scraps!** Put veggie and fruit trimmings, meats, bones, plate scrapings, egg shells and coffee grounds in your kitchen collection container. If it's food, it's compostable. And don't forget food-soiled paper! Paper towels, napkins—even greasy pizza delivery boxes can go in your food and yard waste cart!
- **Know what to leave out.** Grease, liquids, pet waste, diapers, plastic, metal, and glass can't go in your food waste container. For a full list of accepted and unaccepted items, [click here](#), then choose your local service area and refer to the "curbside collection" section.
- **Take your scraps to the curb.** Empty your kitchen collection container directly into your food and yard waste cart.
- **Support the cycle.** In two months, your food scraps will become nutrient-rich compost that you can use in your garden. Pick up a bag of compost and continue the cycle of life!