



Recycling of food waste

On average, every Swede throws away at least 70 kg of food waste a year. Your food waste can become a valuable resource if it is sorted out from other household waste. It's easy to sort and we can help you get started.

If you sort out your food waste instead of throwing it in the regular garbage bag, it can become a valuable resource. The food waste becomes, among other things, fossil-free fuel for public transport and environmentally friendly fertilizer used by regional farmers.

Reduce your food waste

You make the greatest environmental benefit by avoiding any food waste to begin with. You can do this, for example, by planning your purchases, cooking leftovers or freezing what is left over from a meal.

The next step is to sort out the actual food waste and let them become biogas and biofertilizer. Minimizing and taking care of your food waste is an easy way to contribute to a better climate.

Did you know?

- If all food waste in Sweden was sorted out and recycled, it would correspond to 100 million liters of petrol.
- Every petrol or diesel vehicle that is replaced by a biogas-powered vehicle reduces the climate impact by about 90 %.
- A biogas car can drive a little more than 1 km on 1 kg of food waste.



This belongs in the food waste bag

- ✓ Food leftovers, raw and cooked
- ✓ Bread, cakes and groats
- ✓ Peels and scraps of fruit and vegetables
- ✓ Coffee grounds and tea bags
- ✓ Seafood, including shells
- ✓ Bones from chicken, fish and meat (small and thin)
- ✓ Pasta and rice
- ✓ Eggs and eggshells
- ✓ Uncoloured kitchen paper and napkins

This does not belong in the food waste bag

- ✗ Tobacco, cigarette butts and snus
- ✗ Chewing gum
- ✗ Potted plants and soil
- ✗ Cat litter, litter or sawdust from animal cages
- ✗ Vacuum cleaner bags
- ✗ Coarse meat bones
- ✗ Cotton buds and band-Aids
- ✗ Ice cream sticks and chopsticks
- ✗ Charcoal and ash
- ✗ Garden waste

Left over grease

Grease from the frying pan can be wiped up with kitchen paper and added to the food waste paper bag. Larger amounts of oil or frying fat must be packaged, marked and left at one of the city's collection points for hazardous waste.



Information about the food waste bag

It is very important to use the specific food waste bags made of paper when collecting food waste in Solna. Only use bags provided by the city of Solna or bags for fruit and vegetables available in supermarkets, which are specified that they can be reused for collecting food waste. Bags made of plastic, bioplastic, cornstarch or other materials are not allowed since they cannot be processed at the biofuel production site.

How to avoid moisture and odors

- Always use the ventilated bag holder.
- Fill the bag to a maximum of 3/4 . Discard the bag at least every three days, even if it is not full.
- Dispose of uncoloured kitchen paper and uncoloured napkins with food waste, it absorbs a lot of moisture.
- Let the coffee grounds dry before throwing them away.
- Fold the bag carefully before placing it in the waste bin.

Out of food waste bags?

The property owner is responsible for ensuring that there are food waste bags available for the apartment households. Contact your landlord or tenant-owner association if you are missing food waste bags. If you have completely run out of bags, you can pick up a small amount of food waste bags at one of the distribution points in Solna.

Distribution point of food waste bags

- The reception in the city hall
- Hemköp in Huvudsta (Storgatan 62)
- ICA Nära in Järvastaden (Brotorpsvägen)