



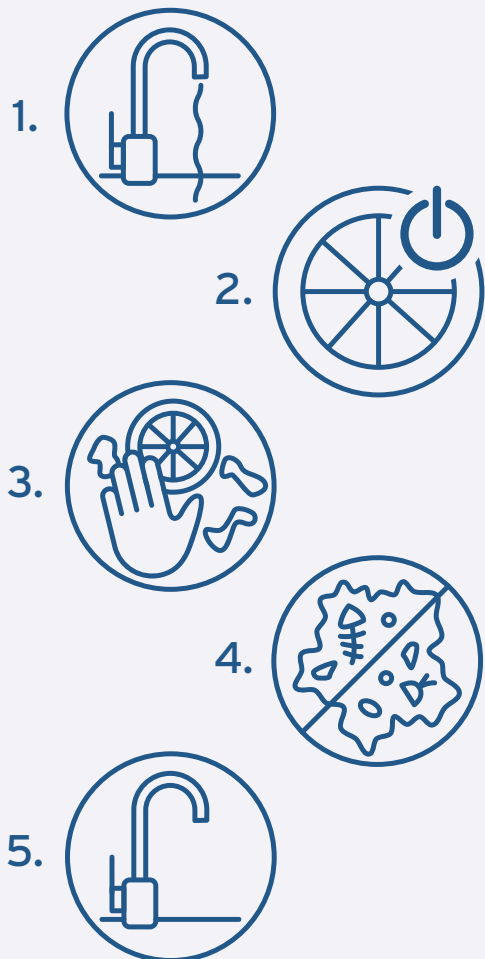
# Move-In Kit

Tips on proper use and keeping your InSinkErator® garbage disposal clean.





## Using a garbage disposal is easy!



***Never put fats, oils, or grease into your garbage disposal.***

1. Run a steady stream of cold water into the sink before turning on the garbage disposal
2. Turn on the disposal before placing any food waste into it
3. Gradually feed food waste into the disposal
4. Avoid putting in large amounts of food waste all at once as this may slow the grinding process
5. Once the food waste has been broken down, turn the sink disposal off and let water run for a few seconds to flush the drain pipe



## What can I grind?

Everyday food scraps like leftovers and fruit and vegetable cuttings and peels are safe to grind in your garbage disposal.

Mixing different types of food scraps helps the disposal to grind more efficiently.

***Never put fats, oils or grease in your disposal!***



## How do I clean my garbage disposal?



Garbage disposals are very low maintenance appliances. Simply making sure you frequently use your disposal can help to remove any excess food scraps that accumulate in the chamber. However, if you smell any odors coming from your disposal, it means food waste wasn't completely ground after using your disposal. Over time, food waste particles can also accumulate under the rubber sink baffle.

1. Run a medium stream of cold water

2. Turn on your disposal

3. Grind ice cubes mixed with lemon/lime wedges in your disposal to freshen it up

4. Turn off your disposal

5. Using a brush or sponge, clean the underside of the rubber baffle with soap and water

# Garbage disposals are good for the planet.

Each year, an average family of four produces over 600 pounds of food waste.<sup>1,2</sup>

Food waste decomposing in the landfill contributes to 18% of total U.S. methane emissions that come from landfills.<sup>3</sup> Using an InSinkErator garbage disposal reduces the amount of food waste taken to landfills and the resulting methane emissions that contribute to global warming.

InSinkErator garbage disposals are designed to grind most types of food waste. The fine particles flow downstream to a wastewater treatment facility. Prior to treatment, food waste is 75-90% water. After treatment, about 7% of food waste remains as biosolids.

**50% of U.S. wastewater flows to a Standard treatment plant.**  
At Standard plants, food waste undergoes wastewater treatment before being discharged back into the environment. The remaining biosolids can be used as fertilizer. Standard treatment plants lower Global Warming Potential (GWP) by at least 50%.<sup>4</sup>

**50% of U.S. wastewater goes to an Advanced treatment plant.**  
At Advanced plants, anaerobic digesters heat and mix solids without oxygen. Bacteria creates methane which is captured and converted to heat and power. The remaining biosolids can be used as fertilizer. Advanced treatment plants lower GWP by at least 90%.<sup>4</sup>

1 U.S. EPA, (2023, April), 2019 Wasted Food Report, "Estimates of generation and management of wasted food in the United States in 2019"

2 U.S. Census Bureau, (2021, October, 21), National Population Totals and Components of Change: 2010-2019, "Monthly Population Estimates for the United States: April 1, 2010 to December 1, 2020 (NA-EST2019-01)"

3 U.S. EPA, (2016, April, 22), "America's Food Waste Problem"

4 PE Americas, Life Cycle Assessment, 2011

