



**ALL FOOD WASTE
MUST NOW BE SORTED
INTO A SEPARATE
CONTAINER**

NOT
INTO RESIDUAL
WASTE, AS IN
OSLO/FOLLO

A young girl with blonde hair, wearing a pink and white striped shirt and a brown apron, is looking down at a white plate she is holding. She is in a kitchen, and a blue bin filled with food waste is visible in the foreground. The bin contains a slice of bread, orange peels, and eggshells. A large green circle is overlaid on the image, containing text about food waste.

FOOD WASTE IS A RESOURCE

Food waste can be converted into climate-friendly fuel for vehicles, fertiliser and biogas for the production of heat and electricity.

When you sort your food waste separately, there will be less residual waste to be incinerated.

HOW IT WORKS

1. You have now received the caddy and biodegradable bags for food waste. It is important that you only use bags from MOVAR for your food waste caddy. These should be put in your food waste bin.



2. You can see when your waste will be collected in the MinRenovasjon app or on movar.no/kalender



3. When you run out of biodegradable bags, tie a bag to your food waste bin. The collector will leave you a new roll of bags.



If you share your caddy or bin, or need additional biobags for your cabin or holiday home, you will have to obtain more biobags yourself.

These can be obtained at our recycling stations or from the Miljøbilen collection vehicle. Biobags are also available in some supermarkets – for a list, see movar.no/matavfall

WHAT COUNTS AS FOOD WASTE?

YES PLEASE

Anything that you could have eaten:

- Fruit and vegetables
- Flour, grains and sugar
- Bread and cakes
- Rice and pasta
- Meat, fish and shellfish

Also:

- Coffee grounds, with or without filters
- Eggshells and nutshells
- Kitchen paper
- Teabags
- Small bones from fish and meat
- Mouldy and/or rotten food
- Food you can't eat

NO THANKS

Anything else that can't be eaten:


- Pot plants
- Nappies
- Cigarettes and other tobacco products
- Cat litter and dog waste bags
- Food waste with packaging
- Herb plants
- Garden waste
- Soil and gravel
- Cut flowers
- Ashes

Not sure?

Find the answer at
sortere.no



WE APPLAUD EVERYONE WHO IS REDUCING FOOD WASTE



Only buy
what you
need

Eat up

Use your
leftovers

Sort your
food waste

Your efforts to sort your food waste separately have beneficial effects for the climate and environment.

Find out more at movar.no/matavfall

WHEN WILL YOUR WASTE BE COLLECTED?

See the collection calendar or get reminders of when your waste will be collected.

Download the “Min renovasjon” app free of charge.

You can also find the collection calendar for your property at movar.no/kalender



Remember that your bins must be no more than 8 m from the side of the road on collection day.



TIPS & ADVICE

- Double-knot the biobags to prevent mess

- Line the biobags with a little paper towels if the food waste is particularly sharp or wet

- Clean the food waste bin regularly

- It is a good idea to keep any seafood waste frozen until collection day

- Contact us if you need a new or extra caddy for additional households etc.

- Remember that your bins must be no more than 8 m from the side of the road on collection day, but try to keep them out of the sun in hot weather

- Find out more at movar.no/matavfall



Do you have any questions?

Feel free to contact us

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