



## MYTHS BUSTED!

Sick and tired of cleaning out the kitchen bins? Turns out, you may be doing more than you need to. Our friends at InSinkErator helped us bust a few myths surrounding food waste disposal systems.

**MYTH: Food waste disposers are dangerous.**

**FACT:** Contrary to popular belief, food waste disposers don't actually have sharp blades. Lugs on a spinning plate push the food against a stationary ring, which grinds the food until it is small enough to pass through holes and be flushed through the plumbing.

**MYTH: Food waste disposers are only for fruit and veggie scraps.**

**FACT:** Over and above fruit and veggie off-cuts, food waste disposers can grind most food scraps including bones, seafood, meat products, dairy, coffee beans and the majority of general leftovers. It should be noted that food waste disposers are also suited to people dedicated to composting as they facilitate the disposal of bones, animal waste and other organic matter not appropriate for compost beds.

**MYTH: Food waste disposers are noisy.**

**FACT:** They once were! The technology has come a long way in the past 20 years, particularly with the InSinkErator Evolution series. Anti-vibration mounts, sound insulation and a sound-muffling baffle at the entrance of the food waste disposer are only some of the advances that contribute to their quieter operation.

**MYTH: Food waste disposers are bad for the environment**

**FACT:** Organic food waste dumped into landfill is a known contributor to the production of harmful greenhouse gases, specifically methane, which is known to be 21 times more toxic than carbon dioxide. Once ground by a food waste disposer, food waste travels via the sewerage system to a waste water treatment plant. Properly equipped treatment facilities allow food waste to be recycled and in many instances the methane gas generated can be converted into usable energy to power homes and businesses.

**MYTH: Food waste disposers are water guzzlers**

**FACT:** They use less than one per cent of the average household water consumption, equivalent to one flush of the toilet per day.

**MYTH: Food waste disposers cost an arm and a leg to run**

**FACT:** Food waste disposers cost the average household less than \$150 per year in electricity.

### FOR MORE INFORMATION

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