



How To Properly Use Your Garbage Disposal.

When used properly, garbage disposals can make kitchen cleanup convenient. This four-step process helps make sure the food goes down the drain instead of collecting in the garbage disposal and creating odor the kitchen.

4 Easy Steps To Use The Disposal

1. Make sure there are no forks, spoons or other objects inside of the garbage disposal.
2. Turn on cold water for 15 seconds before grinding food waste.
3. Turn on the disposal, then slowly insert food waste.
4. Leave cold water on for 15 seconds after grinding food waste.

There are limits to what standard garbage disposal can handle. The following is a list of food you can and cannot safely grind in the garbage disposal.

What can go in a garbage disposal

Cold Water	Small pieces of meat (may take longer)
Small Soft Foods	Scraps of fruits and veggies(non-fibrous)
Small pieces of rinds	Borax for cleaning
Dish Soap	Ice Cubes (Great for cleaning)

What cannot be put in a garbage disposal

Fats, Oil or Grease	Fibrous Foods (potato peels, lettuce, etc.)
Pasta or Rice	Coffee Grounds
Bones	Eggshells
Pits and Seeds	Anything not biodegradable (Spoons, etc.)

Never use your hands to retrieve items dropped in disposal!

When in Doubt throw it out.