

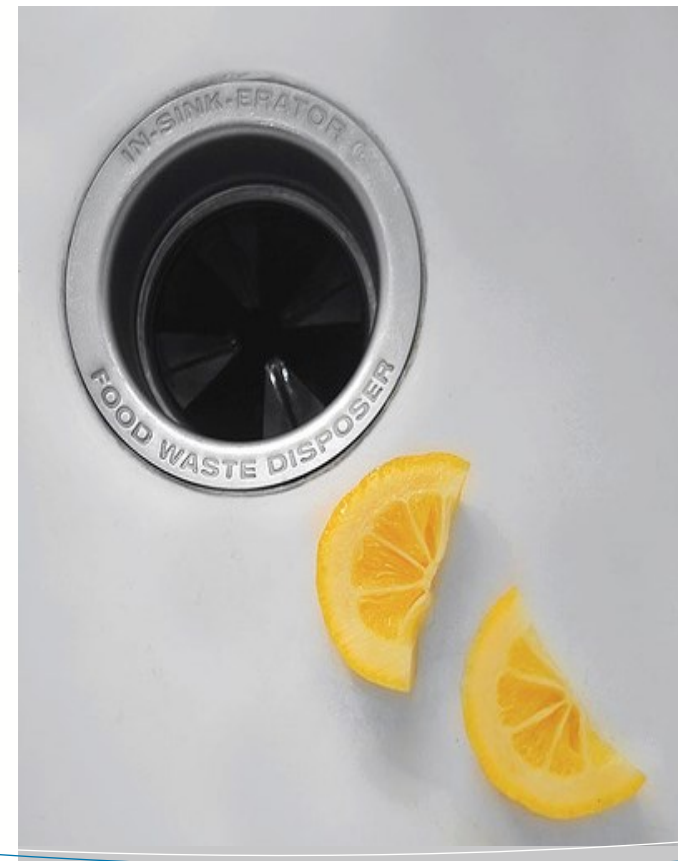


#### THE CAPNCM PROMISE

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

Community Action Partnership of North Central Missouri envisions a world without poverty in which all people have access to necessary resources and are treated with dignity.

Equal Opportunity Employer/Program. Auxiliary aids & services available upon request to individuals with disabilities.



## How do I care for my garbage disposal?

Garbage disposals are handy for getting rid of food waste, but do you know what types of food you should avoid putting into your disposal?

How about getting rid of any lingering odors?

Or how to keep the blades sharp?

Proper use and care of your garbage disposal will help to keep it running smoothly.

Contact us at  
**660.359.3907**  
**1.855.290.8544**  
**Option #4**

[www.capncm.org](http://www.capncm.org)  
[contactus@capncm.org](mailto:contactus@capncm.org)



## CARE & MAINTENANCE of your garbage disposal



**CAPNCM**

Community Action Partnership  
of North Central Missouri

Strong Families = Strong Communities

## Brought to you by CAPNCM Housing Development

The main purpose of the Housing Development Program is to assist low-income people in their efforts to have safe, comfortable, & affordable housing.

A garbage disposal, also known as a waste unit, is a device (usually placed underneath a sink) that shreds food waste so that it can pass easily through plumbing. A garbage disposal is a great way to keep the smells of spoiled food waste out of your kitchen & garbage cans.

### How to properly use your disposal...

After placing food items into the disposal, run cold water while the disposal is on. Keep both water and disposal running for 30 to 60 seconds AFTER the waste matter has cleared your drain. The waste still has a distance to go, and cold water keeps the motor, bearings, and shredder assembly from overheating. It also lets the

waste flow through the pipes easier because the water helps move things along.

### How to clean your disposal...

Clean your disposal regularly by using the following methods:

1) With the disposal off, clean the inner side of the rubber in the center of the sink leading to the disposal using a paper towel. It can get very dirty and give off an odor when not properly cleaned.

2) Throw some ice down the disposal once in a while. Ice will not sharpen the shredders as is commonly believed, but it does help to knock off any debris built up on the sharp edges that may keep them from grinding food properly. For better results, make special ice cubes

from pure lemon juice or vinegar, or alternate with cleanser (don't forget to label them in your freezer). Be sure to run cold water while running ice cubes through the disposal.

3) Dispose of orange peels, or any citrus rinds, to freshen the disposal and keep it smelling clean. Always cut them into small slices however, as large pieces of citrus fruit can jam the disposal.

### What NOT to put in your disposal...

Some food items should never be put into a kitchen garbage disposal unit.

Keep anything hard out of the disposal, these items can dull the shredder blades, causing them to be much less efficient. Some items to avoid include:

- Bones
- Unpopped popcorn kernels

Do not put fibrous or starchy items in the disposal. These can cause drain blockages and get caught around the blades. Items such as:

- Banana Peels
- Celery
- Potato Peelings
- Eggshells
- Coffee Grounds or Filters
- Grease

