

## Let's Compost!

The following is a list of items that can be composted. The smaller the items, the faster the compost process. Therefore, it is recommended that you try to shred, crush or cut items into smaller pieces if possible.

### KITCHEN WASTES

- Fruit peelings and scraps
- Vegetable peelings and scraps
- Eggshells
- Tea bags
- Coffee grounds
- Used paper coffee filters
- Stale bread
- Cooked pasta (No sauce!)
- Paper napkins, paper towels
- Shredded paper / cardboard packaging



### YARD WASTES

- Lawn clippings
- Leaves
- Plant debris
- Old potting soil

### HOUSEHOLD ITEMS

- Houseplant trimmings
- Pet fur
- Dryer lint
- Hair
- Shredded newspaper and cardboard
- Vacuum bag contents
- Wood ashes
- Sawdust and wood shavings



**Are there items you should not compost? Yes!**

## What NOT to Compost

While the following items will decompose, they can cause problems. To avoid pests and odors it is best NOT to add the following:

- Dairy products (milk, cream, yoghurt)
- Meat, cheese, fish, bones
- Fats (including grease, oil, lard, butter, margarine, or mayonnaise)
- Sauces that include any of the above
- Pet wastes

Also avoid adding:

- Large pieces of wood, thick branches, or heavy cardboard – these will take a long time to decompose and will take up space in your bin.
- Invasive weeds such as morning glory or gout weed
- Plastic, rubber, metals, glass and ceramics will not decompose.



**Composting works faster and smells better when you add your compost materials in layers of "browns" and "greens".**

**Browns** are dry, absorbent and fibrous. They are also rich in the element carbon which is an essential energy source for the decomposing organisms in your pile. These include dry leaves and grass, straw, wood chips, sawdust, shredded paper, cardboard and egg cartons.

**Greens** are fresh, moist materials rich in nitrogen. Nitrogen is vital for growth and reproduction of the decomposing organisms. Without it, they cannot break down materials high in carbon.

**Greens** include fresh grass clippings, plant trimmings, fruit and vegetable scraps, coffee grounds, tea bags, egg shells and houseplants.

For more information on building and maintaining your compost pile, please refer to Information Leaflet #4 of this series.