



WHAT TO COMPOST (*Yes Please*)

FROM YOUR KITCHEN

- Fruit and vegetable scraps
- Egg shells (crushed)
- Coffee grounds/filters
- Tea bags (hemp or cotton) minus staples
- Loose leaf tea
- Spoiled soy/rice/almond/coconut milk
- Used paper napkins and paper towels
- Unwaxed cardboard pizza boxes (ripped or cut into small pieces)
- Paper bags (shredded)
- The crumbs you sweep off counters & floors
- Cooked pasta/rice
- Stale bread, pitas, or tortillas
- Stale tortilla chips or potato chips
- Spoiled pasta sauce or tomato paste
- Crumbs from the bottom of snack food packaging
- Stale crackers
- Stale cereal
- Nut shells (except for walnut shells, which are toxic to plants)
- Spoiled tofu and tempeh
- Seaweed, kelp or nori
- Unpopped, burnt popcorn kernels
- Old herbs and spices
- Stale pretzels
- Stale protein or “energy” bars
- Pizza crusts
- Old oatmeal
- Peanut shells

- Cardboard egg cartons (cut them up)
- Stale pumpkin, sunflower or sesame seeds (chopped up so they can't sprout)
- Avocado pits (chopped up so they don't sprout)
- Wine corks (chop up so they decompose faster)
- Old jelly, jam, or preserves
- Stale beer and wine

AROUND THE HOUSE

- “Dust bunnies” from wood and tile floors
- Contents of your dustpan (pick out any inorganic stuff, like pennies and Legos)
- Crumbs from under your couch cushions (again, pick out any inorganic stuff)
- Newspapers (shredded or torn into small pieces)
- Burlap sacks (cut or torn into small pieces)
- Old rope/twine (chopped, natural, unwaxed only)
- Leaves trimmed from houseplants
- Dead houseplants and their soil
- Flowers from floral arrangements
- Natural potpourri
- Wood ash
- Dead autumn leaves
- Jack O’lanterns (smashed)
- Those hay bales you used as part of your outdoor fall decor (broken apart)
- Natural holiday wreaths (chop up with pruners)
- Christmas trees (chop up with pruners, or use a wood chipper, if you have one...)
- Evergreen garlands (chop up with pruners)

WHAT NOT TO COMPOST (*No Thanks*)

- Meat & Bones*
- Dairy
- Weeds/Dandelions
- Chemicals
- Animal/pet waste
- Human waste
- Metals
- Glass
- Diapers
- Any inorganic materials
- Brush & Lumber
- Plastics and Styrofoam

- Compostable Forks, Knives, Spoons and Cups*

**We are working our way up to be able to break these down, but our process currently does not support*

Let us know if you come across something you're unsure of. Others probably are as well and then we can add it to our list!