



## Compostable

# What Can I Compost?

Your quick guide to common compostable items.

## THROW IT IN

### FOOD WASTE

- Fruit & vegetable scraps
- Egg shells
- Coffee grounds
- Loose leaf tea
- Starchy foods (ie. rice, bread, crackers)
- Nuts & shells (except walnuts)
- Seeds & pits (preferably chopped)
- Tofu & tempeh
- Seaweed, kelp, nori
- Meats
- Dairy items

### PRODUCTS

- Coffee filters (unbleached)
- Natural material tea bags (like hemp or cotton)
- Paper towels & napkins (unbleached, w/out harsh chemicals)
- Cardboard boxes (unwaxed, ripped into small pieces)
- Paper bags or paper towel rolls (shredded)
- Newspapers (shredded)
- Flowers & house plant trimmings

## LEAVE IT OUT

### FOOD WASTE

- Fats & Greasy foods
- Walnut shells (toxic to plants)

### PRODUCTS

- Cat Litter
- Pet Feces
- Bioplastics
- Produce stickers & sticky labels
- Synthetic tea bags or coffee filters (do not add if unsure)
- Metal (ie. staples, paper clips)
- Paper bags, boxes, rolls containing harsh chemicals
- Glossy or coated paper