COMPOST YOUR FOOD WASTE

YES

ALL FOOD SCRAPS, INCLUDING:
Meat, bones, fish
Seafood, shells
Fruits, vegetables
Eggs, eggshells, paper egg cartons
Milk, cheese, other dairy
Dressings, condiments
Sauces, soups
Flour, bread, pasta, and pastries
Coffee grounds and filters
Tea bags (paper ones only)
Nuts and nut shells
Spices
Oils, fats
PLANTS/FLOWERS
COFFEE FILTERS
WOODEN STIRRERS
PAPER TOWELS/NAPKINS (not used for bodily fluids or cleaners)

NO

PAPER PRODUCTS:
Refrigerator/freezer cartons/to go containers
Pizza boxes (recycle clean areas)
Tea bag envelopes/sugar packets
Paper towels used with cleaners or for bodily fluids
PLASTICS, INCLUDING:
Biodegradable plastic
Compostable plastic
Compostable bags
Utensils
Straws, stirrers
Bags, twist-ties
Plastic wrap, packaging
Produce stickers
QTIPS (with plastic sticks)
HANDY WIPES
RUBBER BANDS AND GLOVES
FECES (animal or human)
HYGIENE PRODUCTS
CHEMICALS/HAZARDOUS MATERIALS

NO PRODUCE STICKERS
NO HOT SCRAPS - COOL DOWN FIRST
POUR OFF THIN LIQUIDS
NO PLASTIC OF ANY KIND

EARTHGIRL COMPOSTING
(802) 839-5017
megan@earthgirlcomposting.com