



THE COMPOST GUIDE



COMPOST FRIEND

- VEGGIE SCRAPS
- FRUIT PEELS
- EGG SHELLS
- COFFEE GROUNDS + FILTERS
- TEA BAGS
- NUT SHELLS
- SHREDDED NEWSPAPER
- CARDBOARD
- PAPER
- YARD TRIMMINGS
- GRASS CLIPPINGS
- HAY AND STRAW
- LEAVES
- SAWDUST
- WOOD CHIPS
- HAIR AND FUR



COMPOST FOE

- MILK
- YOGURT
- CHEESE
- DRYER LINT
- PET WASTE
- MEAT SCRAPS
- BONES
- COLORED OR GLOSSY PAPER
- MAYO OR SALAD DRESSING
- FATS, GREASE, OILS