

Many organic materials can be composted, including food scraps, lawn trimmings, and several other items

Items you can compost:

- fruit and vegetable peels and scraps
- rotten fruit and veggies
- houseplant trimmings
- coffee grounds and paper filters
- tea leaves
- eggshells
- nutshells (apart from walnuts)
- hair and fur
- paper, cardboard, and shredded newspaper (without wax or tape)
- napkins, paper towels (without grease), and unused toilet paper
- grass clippings
- leaves
- flowers
- sawdust
- wood chips

What not to compost:

Not all items from your kitchen or yard should be composted.

Here are some items you should avoid composting:

- **Pet waste, such as feces or litter:** may contain harmful bacteria or parasites
- **Bones or scraps from meat, fish, and poultry:** produces odor and attracts pests

- **Dairy products:** produces odor and attracts pests
- **Leaves or twigs from black walnut trees:** releases a compound that's toxic to plants
- **Walnuts:** releases a compound that's toxic to plants
- **Coal ash or charcoal:** contains compounds that may harm plants
- **Large pieces of wood:** may take a long time to decompose
- **Fat, cooking oil, and grease:** produces odor and attracts pests
- **Pesticide-treated lawn trimmings:** may kill microorganisms needed for the composting process
- **Coffee pods:** most contain **plastic** and don't break down naturally
- **Baked goods:** may attract pests and increase the growth of harmful bacteria
- **Plants that are diseased or infested with insects:** may spread disease

Source: <https://www.healthline.com/nutrition/composting-beginners-guide#compostable-materials>

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