

## What Can I Compost?

Composting is a natural process that turns organic waste materials into nutrient-rich soil called compost. It's a great way to reduce food waste and create a valuable resource for your garden or plants. Many types of food can be composted, as well as other organic matters. We're here to teach you everything you need to know about what you can compost, right in your kitchen!

*Still learning about composting? No worries - check out our [What is Composting & Why is it Important](#) blog to understand all the basics, or [How to Start Composting](#).*



## What Can You Put in the Compost Bin?

Good compost material generally consists of plant-based matter. This is a good rule of thumb to avoid compromising your mix. Things like meat and dairy can attract pests that aren't necessarily beneficial to the helpful microorganisms who are keeping the pH, oxygen, and moisture levels in balance.

There *are* a few exceptions to the fruit and veggie rule, so here's a quick list to help you know what can and shouldn't be tossed into your compost bin.

**YES! Put me in the compost bin:**

- Fruit and vegetable scraps, raw or cooked
- Coffee grounds
- Tea bags (remember to remove the staple if applicable)
- Eggshells
- Wilted flowers, leaves, and grasses
- Shredded paper and cardboard that doesn't have a shiny coating (any tape or non-paper material would have to be removed)
- Hair and nail clippings

**NOPE! Put me in the regular waste bin:**

- Fish bones/scales
- Meat products/bones
- Dairy products
- Cigarette butts
- Dust or lint



**Pro-Tip:** The smaller the scraps, the faster the compost process will take place. So chop things up before adding them when you can.

Remember to avoid composting meat, fish, oily foods, fatty products, bones, and any animal waste. These items can attract pests, cause unpleasant odors, and are best avoided in home composting systems. It's also essential to maintain a proper balance of carbon-rich (browns) and nitrogen-rich (greens) materials in your compost pile to ensure optimal decomposition.

Remember that composting is a sustainable practice that not only benefits your own garden but also has a positive impact on the larger environment. By investing in a compost bin, you're taking a step towards a greener and more sustainable future. That's a win-win situation, for you and the planet! Don't wait any longer and shop our [compost bin](#) now. Remember, change starts with us – and you!