

EVERYDAY ITEMS TO COMPOST

*DEPENDING ON YOUR COMPOST ENVIRONMENT, PLEASE CHECK YOUR MUNICIPALITY FOR RULES AND RESTRICTIONS

COMMERCIAL Composting

*INCLUDES EVERYTHING LISTED IN BACKYARD COMPOSTING

- Meats
- Bones
- Milk
- Cheese
- Cream
- Dressings, Condiments
- Eggs
- Fish, Seafood
- Handwipes
- Oils, Animal Fat
- Pasta
- Compostable Plastic Bags
- Soup
- Diseased Plants and Seeds of Weedy Plants

BACKYARD Composting

From the Bathroom

- Used facial tissues
- Hair from your hairbrush
- Trimmings from an electric razor
- Toilet paper rolls
- Old loofah
- Nail clippings
- 100% cotton cotton balls
- Cotton swabs (100% cotton and cardboard)
- Cardboard tampon applicators

From the Kitchen

- Fruit and vegetable scraps
- Egg shells
- Coffee grounds
- Coffee filters
- Tea bags
- Loose leaf tea
- Used paper napkins
- Used paper towels
- Wooden chopsticks
- Unwaxed cardboard pizza boxes
- Paper bags
- The crumbs you sweep off of the counters and floors
- Cooked pasta
- Cooked rice
- Stale bread, pitas, or tortillas
- Stale tortilla chips or potato chips

- Spoiled pasta sauce or tomato paste
- Food crumbs
- Paper towel rolls
- Stale crackers
- Stale cereal
- Used paper plates
- Nut shells
- Tofu and tempeh
- Seaweed, kelp or nori
- Unpopped, burnt popcorn kernels
- Old herbs and spices
- Stale pretzels
- Stale candy
- Stale protein or “energy” bars
- Pizza crusts
- Old oatmeal
- Peanut shells
- Cardboard egg cartons
- Stale pumpkin, sunflower or sesame seeds
- Avocado pits
- Wine cork
- Old jelly, jam, or preserves
- Toothpicks
- Bamboo skewers
- Paper cupcake or muffin cups

From around the House

- Dust bunnies
- Contents of your vacuum cleaner bag or canister
- Contents of your dustpan
- Newspapers
- Junk mail

- Subscription cards from magazines
- Burlap sacks
- Old rope and twine
- Leaves trimmed from houseplants
- Dead houseplants and their soil
- Flowers from floral arrangements
- Natural potpourri
- Used matches
- Grass clippings
- Green leaves
- Dead autumn leaves
- Sawdust

From the Office

- Bills and other plain paper documents
- Envelopes
- Pencil shavings
- Sticky notes
- Old business cards (not glossy)

Other Items

- Wrapping paper rolls
- Paper table cloths
- Crepe paper streamers
- Jack O’lanterns
- Those hay bales used as outdoor fall decor
- Natural holiday wreaths
- Christmas tree
- Evergreen garlands
- Dog or Cat fur
- Dry dog or cat food, fish pellets

*FOR A COMPLETE LIST AND ADDITIONAL INFORMATION, VISIT [COMMITTOGREEN.COM](https://www.committogreen.com)