

Composting at Home Cheat Sheet

✓ Items You CAN Compost at Home:

- Fruit and vegetable scraps
- Coffee grounds and filters
- Tea bags (check for plastic!)
- Eggshells
- Grass clippings
- Leaves and small twigs
- Shredded newspaper and cardboard
- Sawdust (from untreated wood)
- Nut shells
- Houseplant trimmings
- Hair and pet fur
- Corn husks and cobs
- Paper towels (no chemicals or grease)
- Uncoated paper plates
- Stale bread, crackers, and pasta
- Cooked rice (small amounts)
- Dead flowers
- Cotton and wool scraps (natural fibers only)
- Wine corks (natural cork only)
- Ash from untreated wood (small amounts)
- Seaweed and kelp (rinsed to remove excess salt)
- Used napkins (no chemicals or grease)

Browns – Dry materials like leaves, straw, and cardboard for carbon.

Greens – Fresh scraps like fruit, veggies, and grass clippings for nitrogen.

Water – Keeps the pile moist, like a damp sponge, for decomposition.

Air – Essential for oxygen flow; turn the pile to prevent odors.

✗ Items You CAN'T Compost at Home:

- Meat, fish, and bones
- Dairy products (cheese, milk, butter)
- Oily or greasy food scraps
- Pet waste (dog/cat poop)
- Diseased plants
- Weeds that have gone to seed
- Plastic-coated paper products
- Treated or painted wood
- Synthetic fabrics
- Glossy magazines
- Citrus peels in excess
- Charcoal or BBQ ash
- Chemically treated grass clippings
- Stickers from produce
- Vacuum cleaner dust
- Dryer lint
- Processed or sugary foods
- Large branches or logs)
- Cooking oils and fats
- Disposable diapers
- Feminine hygiene products
- Plastic tea bags

Balance Greens & Browns – Mix nitrogen-rich greens (food scraps, grass clippings) and carbon-rich browns (leaves, cardboard)

Keep It Moist, Not Soggy – Your compost should feel like a damp sponge.

Turn the Pile Regularly – Stirring your compost every 1-2 weeks helps aerate it, speeds up decomposition, and prevents odors.

Chop & Layer Materials – Cutting up large scraps and layering greens and browns evenly helps break down materials