**INTO THE COMPOST:**

**From the Kitchen**

* Fruit and vegetable scraps
* Egg shells (crushed)
* Coffee grounds
* Coffee filters
* Tea bags (Make sure they are made of natural materials like hemp or cotton, and not rayon or other synthetics. If in doubt, just open it and compost the tea leaves alone.)
* Loose leaf tea
* Used paper napkins and paper towels
* Unwaxed cardboard pizza boxes (ripped or cut into small pieces)
* Paper bags (shredded)
* 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
* Crumbs from the bottom of snack food packaging
* Stale crackers
* Stale cereal
* Used paper plates (as long as they don’t have a waxy coating)
* Nut shells (except for walnut shells, which are toxic to plants)
* Unpopped, burnt popcorn kernels
* Old herbs and spices
* Stale pretzels
* Stale candy (crushed or chopped)
* Stale protein or “energy” bars
* Pizza crusts
* Peanut shells
* Cardboard egg cartons (cut them up)
* Stale pumpkin, sunflower or sesame seeds (chopped up so they can’t sprout)
* Avocado pits
* Wine corks (chop up so they decompose faster)
* Toothpicks
* Bamboo skewers (break them into pieces)
* Paper cupcake or muffin cups

**From the Bathroom**

* Used facial tissues
* Hair from your hairbrush
* Trimmings from an electric razor
* Nail clippings
* 100% cotton balls
* Cotton swabs made from 100% cotton and cardboard (not plastic) sticks

**From the Laundry Room**

* Dryer lint (from 100% natural fabrics only!)
* Old cotton clothing and jeans (ripped or cut into small pieces)
* Cotton fabric scraps (shredded)
* Old wool clothing (ripped or cut into small pieces)
* Old cotton towels and sheets (shredded)

**From the Office**

* Pencil shavings (B)

**Around the House**

* “Dust bunnies” from wood and tile floors
* Contents of your dustpan (pick out any inorganic stuff, like pennies and Legos)
* Crumbs from under your couch cushions (again, pick out any inorganic stuff)
* Burlap sacks (cut or torn into small pieces)
* Old rope and twine (chopped, natural, unwaxed only)
* Leaves trimmed from houseplants
* Dead houseplants and their soil
* Flowers from floral arrangements
* Natural potpourri
* Used matches
* Grass clippings
* Dead leaves
* Sawdust (from plain wood that has NOT been pressure-treated, stained or painted)

**Party and Holiday Supplies**

* Paper table cloths (shredded or torn into smaller pieces)
* Crepe paper streamers (shredded)
* Latex balloons (Make sure they are latex!)
* Jack O’lanterns (smashed)
* Natural holiday wreaths (chop up with pruners first)
* Evergreen garlands (chop up with pruners first)

**Pet-Related**

* Fur from the dog or cat brush
* Feathers