

106 Items You Can Compost: this is just a start – look around your house, office, local companies, etc. Remember, you *can* compost all these items, but you don't *have to* – do your homework and pick the ones that work for you!

From the Kitchen – in addition to fruit and veggies

- *Tip: any round item, like grapes – cut or smash them first to help with the decomposition process*
1. Coffee grounds
 2. Coffee filters – consider using filters that haven't been bleached white
 3. Stale coffee, cold tea
 4. Tea bags and loose tea
 5. Egg shells – you can peel off or bake away any membrane if you want to
 6. Used paper napkins
 7. Fruit pits, cores and seeds – to speed up their decomposition, some people bake them in a 350 degree oven for 30 minutes, then grind, others will soak them overnight and then put in a blender - you can also try smashing them
 8. Corn cobs – consider chopping them up to speed decomposition
 9. Pizza boxes, ripped into smaller pieces
 10. Paper bags, either ripped or balled up
 11. The crumbs you sweep off of the counters and floors
 12. Pasta – stale, broken, cooked – depending on the sauce
 13. Rice – see above
 14. Stale bread, crumbs, crusts, etc.
 15. Paper towel rolls
 16. Stale crackers
 17. Stale cereal
 18. Used paper plates (as long as they don't have a waxy coating)
 19. Cellophane bags (be sure it's really Cellophane and not clear plastic)
 20. Nut shells (except for walnut shells, which can be toxic to plants)
 21. Old herbs and spices
 22. Stale pretzels
 23. Pizza crusts
 24. Fruit and veggie skins – may want to chop up first

25. Fruit and veggie cores – apple, pineapple, etc. May want to chop them up first
26. Cereal boxes (tear them into smaller pieces first) – consider dyes, etc.
27. Wine corks
28. Mold cut off cheese – small amounts
29. Old jelly, jam, or preserves
30. Flat soda
31. Stale beer and wine
32. Hops
33. Leftover juice and juice drinks, pomace
34. Paper egg cartons
35. Toothpicks
36. Bamboo skewers
37. Paper cupcake or muffin cups
38. Shells – lobsters, shrimp, etc.
39. Liquid from canned fruit and veggies
40. Liquid from cooking fruit and veggies, pasta
41. Aluminum foil – small amounts
42. Soy and nut milks

From the Bathroom – consider cosmetics, chemicals (ex. hair dye) that might be on these items first

43. Used facial tissues
44. Hair from your hairbrush
45. Toilet paper rolls
46. Old loofahs
47. Nail clippings
48. Urine
49. 100% Cotton balls
50. Cotton swabs made from 100% cotton and cardboard (not plastic) sticks
51. Pure soap scraps

Personal Items

52. Cardboard tampon applicators
53. Latex condoms
54. Sheepskin condoms
55. Tobacco products in small amounts

From the Laundry Room

56. Dryer lint
57. Old/stained cotton/wool/linen/silk clothing—rip or cut it into smaller pieces
58. Old leather – it will take a while to break down - cut it, punch holes in it, etc.
59. Bone and wooden buttons and toggles
60. Shoe laces – cotton and leather – may have to snip off the plastic ends
61. Old fur collars, etc. – remove the cloth lining

From the Office – consider dyes and waxy coatings

62. Bills and other documents you've shredded
63. Envelopes (minus the plastic window)
64. Pencil shavings
65. Sticky notes
66. Business cards (as long as they're not glossy)
67. Receipts
68. Ink cartridge boxes

Around the House

69. Contents of your vacuum cleaner bag or canister
70. Newspapers (shredded or torn into smaller pieces)
71. Subscription cards from magazines
72. Leaves trimmed from houseplants
73. Dead houseplants and their soil, including coconut coir.
74. Flowers from floral arrangements
75. Natural potpourri
76. Used matches
77. Ashes from the fireplace, barbecue grill, or outdoor fire pit – consider the source, use in small amounts
78. Cardboard (check for glue)
79. Candles – soy
80. Stuffed animals – check the covering and the stuffing

81. Dead insects

82. Seaweed and kelp from that trip to the beach

Party and Holiday Supplies

83. Wrapping paper rolls
84. Paper table cloths
85. Crepe paper streamers
86. Latex balloons
87. Raffia
88. Excelsior
89. Jack o' Lanterns, gourds
90. Natural holiday wreaths, garlands, trees - may need to chop up first

Pet-Related

91. Fur from animal brushes and combs
92. Manures from herbivores – horse, cows, etc.
93. Droppings and bedding from your rabbit/gerbil/hamsters, etc.
94. Newspaper/droppings from the bottom of the bird cage
95. Feathers
96. Alfalfa hay or pellets (usually fed to rabbits)
97. Rawhide dog chews
98. Fish food
99. Dry dog or cat food
100. Your child's goldfish – better than throwing them down the toilet!

Craft Room/Workshop/Man Cave

101. Natural String
102. Natural Yarn
103. Natural 'Extra thread' package from that old shirt or sweater
104. Elmer's glue
105. Masking tape
106. Soy crayons

Ask questions, talk to other folks to see what works for them – keep adding to the list!