

# Kitchen Composting Guide



## What's In

**Fruit & Vegetable Scraps**  
**Baked Goods, Including Bread**  
**Rice, Grains, Pasta**  
**Papertowels/Napkins**  
**Spent Tea Bags**  
**Eggshells**  
**Coffee Grounds & Filters**  
**Shredded – Non Glossy Paper**

## What's Out

**All Meats**  
**Fish & Shellfish**  
**Bones**  
**Fat, Grease, Oils**  
**All Dairy Products**  
**Egg Yolks**

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**Line Receptacle with  
Brown Paper Bag**

**Receptacle Should  
Weigh No More Than  
30 lbs**

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