Life Cycle of Organics to Compost

**BENEFITS OF COMPOSTING**
- Waste reduction
- Enriches soil by turning food / organic waste into beneficial soil additive
- Compost is an alternative to chemical fertilizers
- Prolongs the life of the landfill
- Reduces negative climate change impacts

**ACCEPTABLE COMPOSTABLE MATERIALS**
- Fruits and Vegetables
- Meat, Fish, Shellfish
- Poultry and Bones
- Dairy Products
- Bread, Pasta, Baked Goods
- Tea Bags, Coffee Grounds, and Filters
- Paper Plates and Cups
- Paper Towels and Napkins
- Wax Paper Cups
- Food Soiled Cardboard and Paper
- Egg shells
- Wooden Stir Sticks
- Wooden Chop Sticks

**NON-ACCEPTABLE MATERIALS [garbage]**
- ALL PLASTICS:
  - Creamers
  - Straws
  - Lids
  - Plastic Wrap
  - Bags
  - Utensils
  - Wrappers
  - Styrofoam
  - Condiment Packaging
- ALL METALS:
  - Lids
  - Tin
  - Foil
  - Cutlery
  - Aluminium