

Composting with Grow Compost



Include in the compost :

- All food! *If it Grows, it goes!*
- Meat & bones
- Fruit & vegetables
- Milk, cheese & dairy
- Condiments & dressings
- Coffee grounds & filters
- Shells & fish
- Spices
- Oils & fats

Do NOT include:

- Paper products
- Milk cartons
- Dishware/silverware
- Ketchup packets
- Packaging/recyclables
- Florist flowers
- Fruit/Veg Stickers
- Straws
- Rubberbands

