What lunch scraps can you compost?

What is composting? Composting converts food scraps and yard trimmings into a special soil conditioner called humus. This amazing material helps fortify soil, holds water, and helps reduce the need for synthetic fertilizers. Plus, you can do it in your backyard!

Composting with worms, or vermi-composting, is another way to break down your scraps. The worms, like red wigglers, eat the waste and produce nutrient-rich waste.

What can you compost? A good rule of thumb is if it's organic, you can compost it! See if you can figure out what can and can't be composted with this simple card sort game. Simply cut out the cards, available in Spanish and English, and see if you can figure out what belongs in a compost bin and what doesn't.

Guiding Questions:

What kinds of things do you think we can compost?

_____

_____

What is special about them? Think about the way they break down or decompose.

_____

_____

What are some other things you can think of that we could add to a compost bin?

_____

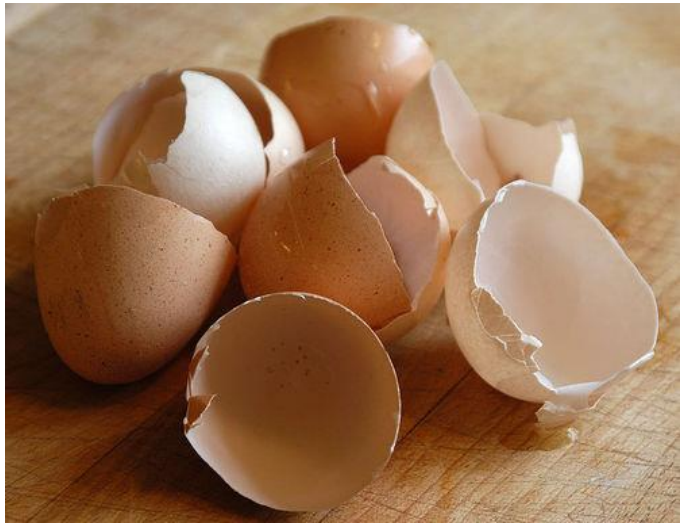
_____

apple core

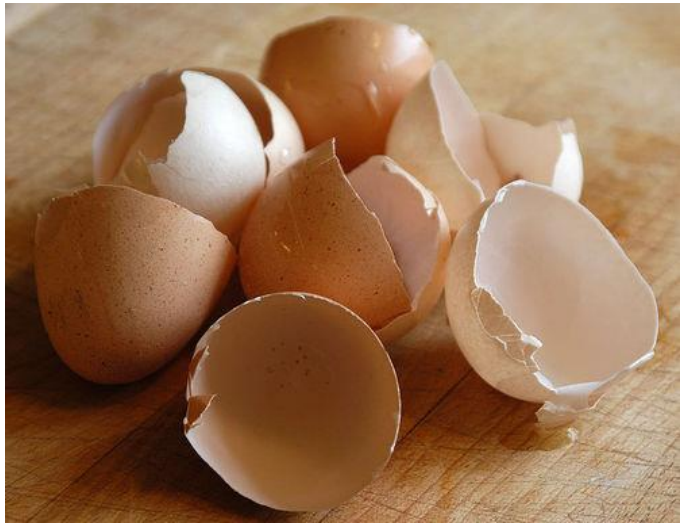
apple core

apple core

apple core



egg shells



egg shells

egg shells

egg shells

tea bag

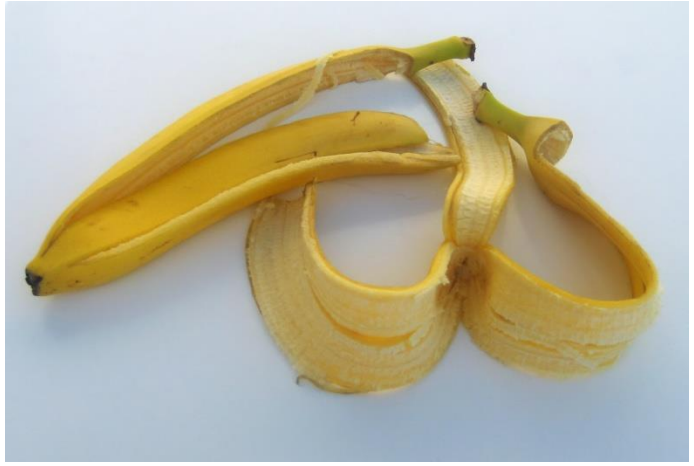
tea bag

Coffee grounds and filter

Coffee grounds and filter

banana peel

banana peel



banana peel

banana peel

pea pod

pea pod

pea pod

pea pod

strawberry leaves

strawberry leaves

strawberry leaves

strawberry leaves

sandwich scraps

sandwich scraps

sandwich scraps

sandwich scraps

pizza crust

pizza crust

pizza crust

pizza crust

cheese cubes

cheese cubes

cheese cubes

cheese cubes

chicken bone

chicken bone

chicken bone

chicken bone

sandwich bag

sandwich bag

sandwich bag

sandwich bag

dry leaves, dirt, sand

dry leaves, dirt, sand

dry leaves, dirt, sand

dry leaves, dirt, sand

corazón de manzana

corazón de manzana

corazón de manzana

corazón de manzana

cáscara de huevo

cáscara de huevo

cáscara de huevo

cáscara de huevo

bolsa de té

bolsa de té

café molido y filtro

café molido y filtro

cáscara de plátano

cáscara de plátano

cáscara de plátano

cáscara de plátano

vaina de guisante

vaina de guisante

vaina de guisante

vaina de guisante

hojas de fresa

hojas de fresa

hojas de fresa

hojas de fresa

restos de sandwich

restos de sandwich

restos de sandwich

restos de sandwich

corteza de pizza

corteza de pizza

corteza de pizza

corteza de pizza

cubo de queso

cubo de queso

cubo de queso

cubo de queso

hueso de pollo

hueso de pollo

hueso de pollo

hueso de pollo

bolsa de sandwich

bolsa de sandwich

bolsa de sandwich

bolsa de sandwich

hojas secas, tierra, arena

hojas secas, tierra, arena

hojas secas, tierra, arena

hojas secas, tierra, arena