WHAT CAN I COMPOST?
Was it ever alive or made from something alive?

Compost ALL food
for example:
- All fruits & vegetables
- All meat & bones
- All dairy products
- Bread & Pizza crusts
- Coffee grounds & Filters
- Tea bags/Loose leaf tea
- Soy/rice/almond milk
- Nut shells
- Pumpkin/Sunflower seeds
- Chips/Crackers
- Cereal/ Oatmeal
- Tofu/Tempeh
- Expired jam or jelly
- Egg shells
- Stale candy
- Nutrition/Protein bars
- Popcorn kernels
- Rice
- Pasta

Compost non-food items
including:
- Bistro utensils/take out containers
- Coffee cups
- Egg cartons (not Styrofoam)
- Toothpicks
- Q-tips (not plastic ones)
- Pencil shavings
- Paper bags
- Dryer lint
- Paper napkins
- Paper plates
- Plants & Leaves
- Hair & Nail clippings
- Pizza boxes and Cereal boxes
- Paper towels & their rolls
- Tissues
- Cotton balls
- Newspaper
- Old masking tape
- Orange juice cartons & other waxed cardboard

Look for compost bins in the Residence Halls & University Center!

Can’t compost it?
Please Recycle:
- Clean paper
- Plastics #1-7
- Glass
- Metal

Want to share this composting cheat-sheet? Check out:
Sustainable Clark online or Clark Eco-Rep’s Facebook page