

Composting at Home

39% of the waste contained in rubbish bags is organic food waste. We promote composting as a natural and convenient way to recycle and to save on rubbish disposal costs.

The composting process is easy to learn, but requires a little bit of technique, which comes with practice. Breaking down waste requires the right amount of moisture, heat, soil, aeration, and the correct mix of materials. For a healthy compost mixture, you need a good balance of these four ingredients:

Greens + Browns + Water + Air = Compost

These are household waste materials that can be composted:

GREENS (high nitrogen content)

- Vegetable scraps
- Fruit scraps
- Coffee grounds and filters
- Tea leaves and bags
- Lawn clippings
- Plant clippings
- Dead flowers
- Fresh weeds

BROWNS (high carbon content)

- Tree clippings (small twigs and branches)
- Straw and untreated sawdust
- Shredded paper towels, paper serviettes, and tissues
- Shredded paper and cardboard
- Egg shells
- Breads, grains and pasta
- Dried leaves

The following CANNOT be composted:

- Meat, fish, or poultry
- Bones
- Plant residue with chemical spray
- Cooking oils or fats
- Dairy products
- Wood or timber
- Glass, metals or plastic
- Styrofoam
- Liquids
- Hazardous substances
- Dog or cat waste

Tips to start making compost:

- Purchase a compost bin from your local hardware store, or make one yourself.
- The compost heap needs to be large enough to maintain heat.
- Position the bin in a semi-sheltered area, on grass with good drainage.
- Encourage worms into the compost by breaking up the soil where the bin will be placed.
- Start with a layer of coarse materials, such as branches or twigs.
- The "add-as-you-go" method of composting is often preferred because you can regularly add the daily kitchen waste to the pile. Remember to keep food scraps covered with a brown layer of grass clipping, weeds and leaves.
- Mix your materials by adding 2 parts green to 1 part brown.
- Turn the compost every few weeks.

When ready, you can use the compost on your garden to grow healthier, more productive plants.

