

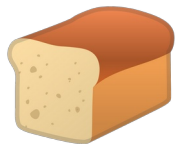
# CAN YOU COMPOST IT?

## YES

If it is food, you can compost it.



- Meat & bones
- Milk, cheese, & other dairy
- Seafood and shells
- Fruits, vegetables, & peels
- Soups & sauces
- Dressings & condiments
- Flour, bread, & pastas
- Nuts & shells
- Oils & fats
- Eggs & egg shells
- Spices
- Coffee grounds and filters
- 100% paper towels and napkins (not used with chemicals)
- Certified Compostable bags/utensils



## NO

These items cannot be composted.

- Plastic of any kind
- Fruit & vegetable stickers (PLU stickers)
- Twist ties
- Rubber bands
- Plastic & paper cups
- Metal
- Glass
- Yard trimmings treated with pesticides/herbicides/fertilizers
- Landfill waste



Questions? Please contact us by visiting [refugiagardens.org](http://refugiagardens.org).  
Thank you!