

GROWING CITY

URBAN COMPOSTING SOLUTIONS

Compost Friendly List!

Reduce your waste and your carbon footprint - put the following items in your GROWING CITY COMPO-CAPSULE and make a difference today.



GC Friendly



Coffee Filters



Paper Napkins

Coffee Grounds

Soiled Paper Towels



Tea Bags



Uncoated Paper Cups & Plates



Fruits & Vegetables



Egg Shells & Dairy

Bread, Pasta, Grains, Dough



Disposable Bamboo Cutlery



Flowers & Plants

Grass Clippings



Not Yet

• **Meat, Fish & Bones**

• Grease & Liquids

• Cork

• Plastic containers

• Rubber Bands

• Styrofoam

• Plastic

• Painted or Treated Wood

• Glass

• Meat Pasta Sauce

• Wood

• Burlap



Compost Here!



Get your green on! Check out our blog at

www.GrowingCity.ca