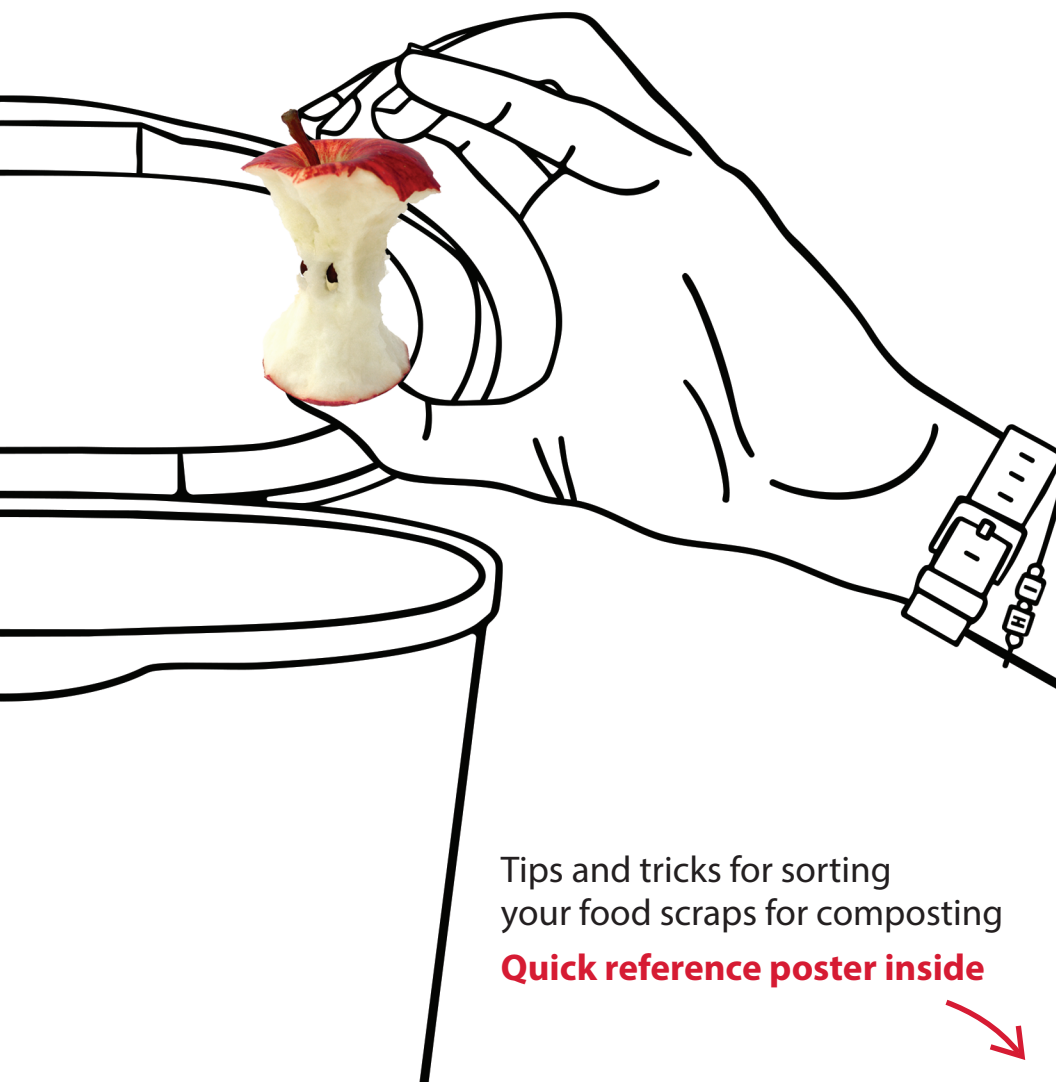


# Getting started with composting



Tips and tricks for sorting  
your food scraps for composting

**Quick reference poster inside**



**Calgary**



# Getting started with composting



Tips and tricks for sorting  
your food scraps for composting  
[calgary.ca/whatgoeswhere](https://calgary.ca/whatgoeswhere)

# Why should I compost?

## Cut your garbage in half

By composting, you can cut your garbage almost in half. By sorting your food scraps into composting, less material will end up in the garbage and helps conserve valuable space in our landfills.



## Turn what's old into something new again

Composting helps turn those old leftovers into nutrient-rich compost to help new plants and gardens grow.

## Protecting our land, air and water

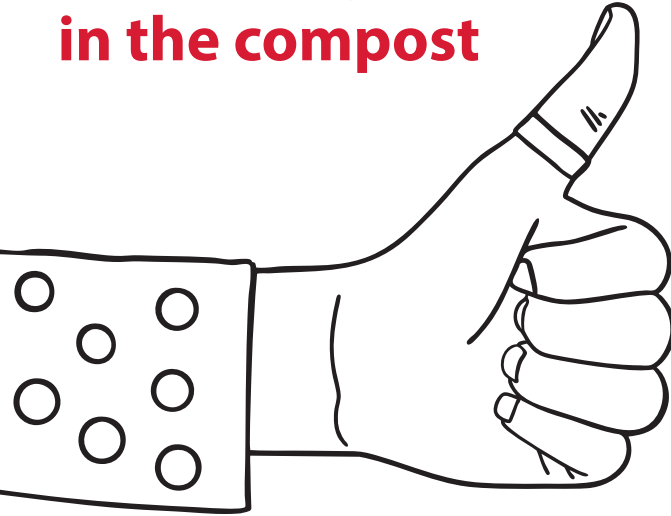
Managing waste effectively is a crucial part of addressing climate change.

When food scraps and yard waste are sent to landfills, they don't break down like you think. Instead, they produce methane, a potent greenhouse gas, and leachate, a toxic liquid that requires treatment.

By reducing, recycling, and composting our waste, we can lower our environmental impact.



# What can go in the compost



**Plate scrapings, leftovers, raw, cooked and moldy food**



**Meat, seafood and bones**



**Fruits and vegetables**

Remove any stickers



**No clothing or fabrics**



**No plastic bags**



**No plastic or foam package and cutlery**  
(even if it says compostable)



**No fruit or vegetable stickers**



**No food in packaging**



**No diapers, wipes or hygiene items**



### **Cooking oil, sauces and grease**

Let cool and soak up with used napkins



### **Food dirty paper**

Paper plates, paper towel, napkins and used tissues



### **Plants and flowers**



### **Eggshells and dairy**



### **Coffee grounds and tea bags**



### **Grass clippings**



### **Bread, rice and noodles**



### **Pet waste and kitty litter**

Collected in a certified compostable bag or paper bag



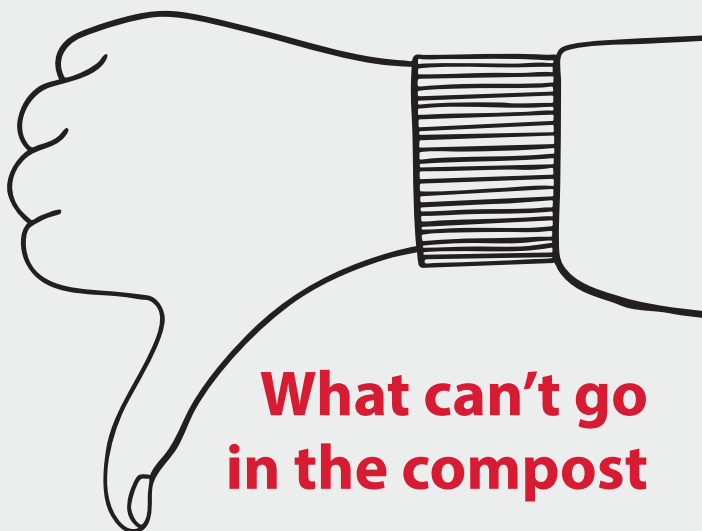
### **Leaves and branches**



### **No plant pots or trays**



### **No painted or treated wood**



# **What can't go in the compost**

# Using your kitchen pail

## Make it easy to access



Store your kitchen pail within reach to make it easy to use every day. It's whatever works for you – on the countertop, under the sink or hanging on a door.

## Cook and collect



Keep your kitchen pail close by as you are meal prepping and cooking – just toss your peelings and scraps right into the pail as you go.

## From kitchen to compost bin



To prevent spills, carry your full pail by the handle to the garbage room. Empty the pail directly into the main compost bin.

If you use a bag, knot the top for easier carrying.



## Clean your pail



Reduce odours by sprinkling baking soda into your pail.

Empty your pail at least two times a week.

Your kitchen pail is dishwasher safe for easy cleanup as well.



# Using the right bags for composting

Help keep your kitchen pail tidier by using certified compostable bags for composting.

Bags are not required but can make it easier to compost. You can buy compostable bags at local retailers like Calgary Co-op, Canadian Tire, London Drugs and more.

For a list of brands and retailers, visit [calgary.ca/compostbags](http://calgary.ca/compostbags).

Look for these logos:

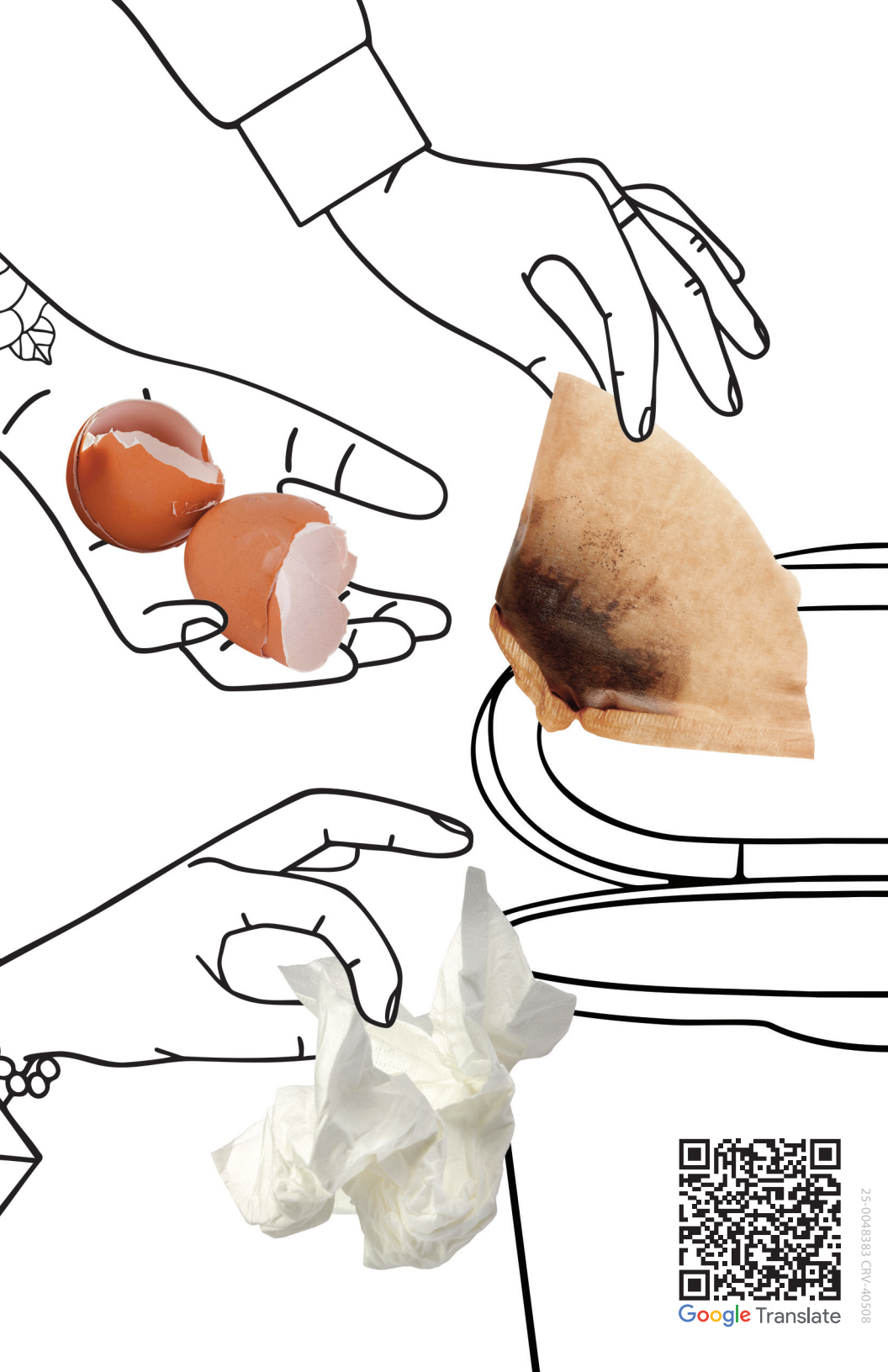






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