

# ACCEPTABLE MATERIALS



**Yes, put these items in our food and yard waste bin**  
Take food out of packaging

## All food (raw and cooked)

Plate scrapings



Eggshells and dairy products



Meat, fish, shellfish and bones



Jams, sauces, salad dressings and cooking oil



Fruits and vegetables



Pastries, cookies, cakes and muffins



Bread, noodles, rice, beans and grains



Nuts, seeds, chips, popcorn and candy



## Food soiled paper

Paper plates, pizza boxes and napkins



Coffee filters and tea bags



## Yard waste

Leaves



Plants and weeds



## Keep these items out of the compost bin:

- NO plastic bags, use approved compostable bags only.
- NO plastic utensils
- NO stickers and labels
- NO coffee cups

Find recycling, composting and safe disposal answers for hundreds of items at [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere)

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