

COMPOSTING

Composting is the process of recycling materials such as leaves and vegetable scraps into a healthy soil.

Why Compost?

- Reduces household and school waste.
- Turns waste into a healthy boost for plants.
- Can be used to teach a variety of themes such as: how things decompose; fractions of different types of material added; ecosystems; environmental impact; plant growth; and more!



Put IN

- ✓ Crushed Egg Shells
- ✓ Vegetable and fruit scraps
- ✓ Tea leaves
- ✓ Coffee grounds
- ✓ Bread
- ✓ Grass clippings
- ✓ Leaves
- ✓ Shredded newspaper

Keep OUT

- x Meat/Poultry
- x Fish
- x Cooked food
- x Dairy products
- x Sweets and salty foods
- x Pet poop
- x Weeds with set seeds

Composting in 5 Simple Steps

1. Make or buy a bin.
2. Throw in compostable materials.
3. Add enough water to keep it damp.
4. Add air to the mix – poke or turn with a pitch fork regularly.
5. Wait until it turns to soil and add to the plants! (Usually takes about 6 months).

Written by the Public Health Nutritionists of Saskatchewan (2020)

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