

# Into the worm farm?

## Yes

- ✓ most vegetables
- ✓ most fruits
- ✓ coffee grounds
- ✓ tea leaves
- ✓ egg shells
- ✓ stale biscuits
- ✓ stale cakes
- ✓ cooked pasta
- ✓ grains
- ✓ hair

## No

- ✗ dairy products
- ✗ citrus
- ✗ garlic
- ✗ onion
- ✗ oils
- ✗ sugar
- ✗ meat & bones
- ✗ fish
- ✗ pet waste
- ✗ garden waste
- ✗ non-organics

- Chop items into small pieces
- Limit quantities of cooked grain-based foods
- Use 'worm juice' and castings as garden fertiliser



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# Into the compost?

## Yes

- ✓ vegetables
- ✓ fruits including citrus
- ✓ small bones
- ✓ shells
- ✓ most nuts
- ✓ 100% natural tea bags
- ✓ tea leaves
- ✓ coffee grounds
- ✓ stale bread
- ✓ pasta & rice
- ✓ beans
- ✓ cereals
- ✓ egg shells
- ✓ bamboo (e.g. toothbrushes)
- ✓ hair
- ✓ paper towel
- ✓ tissues
- ✓ non-glossy paper
- ✓ cardboard
- ✓ feathers
- ✓ cotton/linen/wool
- ✓ leaves, lawn & plant clippings

## No

- ✗ meat
- ✗ fish
- ✗ dairy
- ✗ walnuts
- ✗ tea bags with plastic content
- ✗ large amounts of oil & fats
- ✗ glass
- ✗ metal
- ✗ plastic (inc. degradable plastics)
- ✗ vacuum cleaner collections
- ✗ painted timber
- ✗ human & pet faeces



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- Shred paper, cardboard and fabrics
- Bones and shells may take a long time to break down
- Kitchen scraps should be alternated with plant waste
- Proteins such as meat & dairy attract vermin