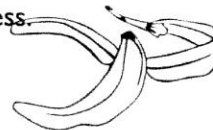


## COMPOSTING 101

If your kitchen scraps typically go straight into the trash, it's time to start composting! The process keeps both greenhouse gas-producing food waste out of landfills and creates a nutritious, natural fertilizer that's essential for growing organic fruits and veggies!



You don't need any fancy equipment to start composting! At HealthBarn USA, we practice open composting and toss everything into a large ditch near our garden, but you can also simply store your compost scraps in a large plastic or metal container outside. With enough time, nature will do the work of making compost for you! If you prefer, many garden centers sell compost bins that keep pests away and speed up the decomposition process.



### What Can I Compost?

#### Food items such as:

- ✓ Fruit and veggie trimmings, peels, pits and rinds
- ✓ Bread and grains (moldy or stale is fine!)
- ✓ Coffee grounds, tea bags and paper filters
- ✓ Egg shells (rinsed before tossing)

#### Non-food items such as:

- ✓ Grass clippings (pesticide-free)
- ✓ Fallen leaves
- ✓ Newspapers
- ✓ Sawdust and wood shavings

**Don't compost:** Meat, poultry, fish or dairy items, as well as processed and artificial foods, which won't decompose well and create junk compost.

Visit [www.howtocompost.org](http://www.howtocompost.org) for more tips!

## Start a Waste-Free Lunch Day at Your School!

Did you know a single student can generate up to **67 pounds** of lunch-related waste per year? That's more than the weight of an average first grader! Even scarier might be the fact that the average elementary school creates about **18,760 pounds** of garbage every year.

You can encourage kids to become more conscious of the waste they create by helping to organize a waste-free lunch day at your child's school. Here's the basic idea:

1. Students divide into teams (by grade, homeroom, etc.) and commit to bringing less waste on the day of the competition by bringing reusable lunch bags, silverware, water bottles and food containers.
2. After lunch, each team sorts the waste they've generated into the categories of items that can be recycled, composted, washed and reused, or non-recyclable trash.
3. Each team weighs their non-recyclable trash bag. Whichever team has generated the least amount of garbage wins!



Visit [www.wastefreelunches.org](http://www.wastefreelunches.org) to find out more and set up a waste-free day in your area!

#### Reference:

1. Antine, S. (2012). *Appetite for life: The thumbs up, no yucks guide to getting your kid to be a great eater*. New York: HarperOne.