

101 Things You Can Compost

The following list is meant to get you thinking about your compost possibilities. Imagine how much trash we could prevent from going into the landfills if each of us just decided to compost a few more things!

From the Kitchen

1. Fruit and vegetable scraps
2. Egg shells (crushed)
3. Coffee grounds
4. Coffee filters
5. Tea bags (Make sure they are made of natural materials like hemp or cotton, and not rayon or other synthetics. If in doubt, just open it and compost the tea leaves alone.)
6. Loose leaf tea
7. Spoiled soy/rice/almond/coconut milk
8. Used paper napkins and paper towels
9. Unwaxed cardboard pizza boxes (ripped or cut into small pieces)
10. Paper bags (shredded)
11. Crumbs you sweep off of the counters and floors
12. Cooked pasta
13. Cooked rice
14. Stale bread, pitas, or tortillas
15. Stale tortilla chips or potato chips
16. Spoiled pasta sauce or tomato paste
17. Crumbs from the bottom of snack food packaging
18. Paper towel rolls (shredded)
19. Stale crackers
20. Stale cereal
21. Cardboard boxes from cereal, pasta, etc. (Remove any plastic windows and shred)
22. Used paper plates (as long as they don't have a waxy coating)
23. Nut shells (except for walnut shells, which are toxic to plants)
24. Spoiled tofu and tempeh
25. Seaweed, kelp or nori
26. Un-popped, burnt popcorn kernels
27. Old herbs and spices
28. Stale pretzels
29. Stale protein or "energy" bars
30. Pizza crusts
31. Old oatmeal
32. Peanut shells
33. Cardboard egg cartons (cut them up)
34. Stale pumpkin, sunflower or sesame seeds (chopped up so they can't sprout)
35. Avocado pits (chopped up so they don't sprout)
36. Wine corks (chop up so they decompose faster)
37. Stale beer and wine
38. Toothpicks
39. Bamboo skewers (break them into pieces)
40. Paper cupcake or muffin cups

From the Bathroom

41. Used facial tissues
42. Used toilet paper
43. Hair from your hairbrush

44. Trimmings from an electric razor
45. Toilet paper rolls (shredded)
46. Old loofahs (cut up, natural only)
47. Nail clippings
48. 100% latex or lambskin condoms
49. 100% cotton cotton balls
50. Cotton swabs made from 100% cotton and cardboard (not plastic) sticks
51. 100% cotton tampons and sanitary pads (including used)
52. Cardboard tampon applicators
53. Urine

From the Laundry Room

54. Dryer lint (from 100% natural fabrics only)
55. Old cotton clothing and jeans (ripped or cut into small pieces)
56. Cotton fabric scraps (shredded)
57. Old wool clothing (ripped or cut into small pieces)
58. Old cotton towels and sheets (shredded)
59. Cotton socks
60. Cotton underwear

From the Office

61. Bills and other plain paper documents (shredded)
62. Envelopes (shredded, minus the plastic window)
63. Pencil shavings
64. Sticky notes (shredded)
65. Old business cards (shredded, as long as they're not glossy)

Around the House

66. "Dust bunnies" from wood and tile floors
67. Contents of your dustpan (pick out any inorganic stuff, like pennies and Legos)
68. Crumbs from under your couch cushions (again, pick out any inorganic stuff)
69. Newspapers (shredded or torn into smaller pieces)
70. Junk mail (shredded, remove coated paper and plastic windows)
71. Subscription cards from magazines (shredded)
72. Burlap sacks (cut or torn into small pieces)
73. Old rope and twine (chopped, natural, unwaxed only)
74. Leaves trimmed from houseplants
75. Dead houseplants and their soil
76. Flowers from floral arrangements
77. Natural potpourri
78. Used matches
79. Grass clippings
80. Dead autumn leaves
81. Sawdust (from plain wood that has NOT been pressure-treated, stained or painted)

Party and Holiday Supplies

82. Wrapping paper rolls (cut into smaller pieces)
83. Paper table cloths (shredded or torn into smaller pieces)
84. Crepe paper streamers (shredded)
85. Latex balloons

86. Jack O'lanterns (smashed)
87. Those hay bales you used as part of your outdoor fall decor (broken apart)
88. Natural holiday wreaths (chop up with pruners first)
89. Christmas trees (chop up with pruners first, or use a wood chipper, if you have one...)
90. Evergreen garlands (chop up with pruners first)

Pet-Related

91. Fur from the dog or cat brush
92. Droppings and bedding from your rabbit, gerbil, hamster, etc.
93. Newspaper/droppings from the bottom of the bird or snake cage
94. Feathers
95. Horse, cow or goat manure
96. Chicken poop
97. Wood shavings from chicken coop
98. Chicken pellets
99. Alfalfa hay or pellets (usually fed to rabbits, gerbils, etc.)
100. Dry dog or cat food, fish pellets
101. Natural cat litter/cat poop (flower gardens and soil rebuilding only) – recommend World's Best Cat Litter