Composting with Grow Compost

**Goes in Compost:**
- All food! Including...
- Meat & Bones
- Milk, Cheese, Dairy
- Fruit & Vegetables
- Condiments & Dressings
- Coffee Grounds/Filters
- Seafood & Shells
- Fats, Oils, Spices
- Soups (please strain)
- “If it Grows, it goes!”

**NOT for Compost:**
- All Paper Products
- BioPlastics (PLA/PHA)
- Condiment Packets
- Straws/Containers
- Rubber Bands/Twist Ties
- PLU Stickers
- Packaging/Recyclables
- Dishware/Silverware
- Florist Flowers

Questions?
Call us!
802-882-8154