

# COMPOST GUIDELINES

You can compost a lot more than just kitchen scraps in your curbside compost bin. Here's a breakdown of what's acceptable.

## LOW-GRADE PAPER

(not accepted in your curbside recycling bin)

- Tissues
- Paper towels and napkins
- Paper towel / toilet paper rolls
- Paper bags (great for storing kitchen scraps or grass clippings)
- Greasy pizza boxes and wet or waxed cardboard
- Small paper items and packaging (pill bottle boxes, price tags, other small items)
- Wrapping paper (no ribbons, foil or tape)
- Tissue paper
- Shredded paper
- Neon, fluorescent, goldenrod and dark paper (not recyclable due to their high ink content)
- Dark-colored envelopes (see above)



- Eggshells
- Spoiled/moldy food
- Chopsticks and wooden stir sticks
- Coffee grounds and filters
- Loose tea and tea bags (no tea bag wrappers or plastic tea bags)
- Leaves, weeds, twigs and branches (check with your hauler for details)
- Grass clippings
- Potted plants
- Flowers



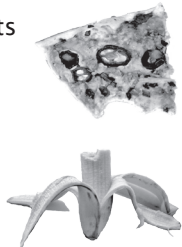
## MORE COMPOSTABLES

- #7 PLA bioplastic made from corn (can include cups, containers, straws, lids and utensils); trusted brands include Eco-Products®, NatureWorks® and Biocorp®
- Compost bags made from PLA bioplastic; trusted brands include BioBag® and Bag-To-Nature®
- Chinet® (plain paper plates and bowls without a plastic coating)
- Plates, bowls and containers made from sugarcane
- Paper cups with a wax coating (no Dixie® cups; if you can't scratch off the coating, it's not compostable unless it is specifically labeled as compostable (see below)



## KITCHEN SCRAPS & YARD TRIMMINGS

- Fruit and vegetable scraps, including pits and seeds
- Meat, including bones (NOT IN THE CITY OF BOULDER)
- Dairy products (NOT IN THE CITY OF BOULDER)
- Breads and sandwiches



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## PLEASE NO

- Plastic items of any kind, including plastic bags and Styrofoam®
- Plastic-coated paper plates, cups or other items
- Frozen food boxes
- Popcorn bags
- To-go soda or coffee cups
- Sugar packets
- Liquids, including cooking oil or grease
- Milk or juice cartons (recycle with commingled containers)
- Dryer lint
- Foil or metal
- Tape
- Biohazards, including diapers or sanitary items
- Soap
- Cotton balls or cotton swabs (Q-tips®)
- Pet waste
- Fabric scraps or string (they become tangled in shredding equipment or may be made of synthetic fibers)
- Plastic or Nylon twine (for branches)
- Construction debris

## COMPOSTING IN YOUR BACKYARD?

Visit [ecocycle.org/compost](http://ecocycle.org/compost) or call 303-444-6634 for how to start a bin, where to find a bin and for guidelines.

- Paper cups with a PLA lining (should say "compostable" or "lined with PLA")
- Zero Waste Event Kit™
- Wax paper