




Composting


Gold Award

# What is composting?





How much of your  
trash bag is made  
up of food scraps?



Every year, U.S. landfills and trash incinerators receive **167 MILLION TONS** of garbage.

**> 50%** of typical municipal garbage set out at the curb is compostable.

Landfills and incinerators are dangerous.  
Every bag thrown out contributes to:



Pollution of surrounding  
soil, air, and water



Climate change



Health hazards to  
humans and animals



**21%** is food scraps alone

**15%** paper/paperboard

**8%** yard trimmings

**8%** wood waste

**SOURCES:**

Brenda Platt, Nora Goldstein, Craig Coker, and Sally Brown, *The State of Composting in the U.S.: What, Why, Where, & How*, Institute for Local Self-Reliance (ILSR), June 2015.  
US EPA, *Advancing Sustainable Materials Management: Facts and Figures 2013*, June 2015, pp. 12, 46.  
Brenda Platt, Eric Lombardi, and David Cipliet, *Stop Trashing the Climate*, Institute for Local Self-Reliance (ILSR), 2008.  
Brenda Platt, Bobby Bell, and Cameron Harsh, *Pay Dirt: Composting in Maryland to Reduce Waste, Create Jobs & Protect the Bay*, Institute for Local Self-Reliance (ILSR), May 2013.  
Mike Ewall, *Trash Incineration Factsheet*, Energy Justice Network web page, <http://www.energyjustice.net>, accessed April 2016.

**ILSR** INSTITUTE FOR  
Local Self-Reliance

To learn more, visit: [ilsr.org/compost-impacts](http://ilsr.org/compost-impacts)

Why do we  
need  
composting?





# Climate Change



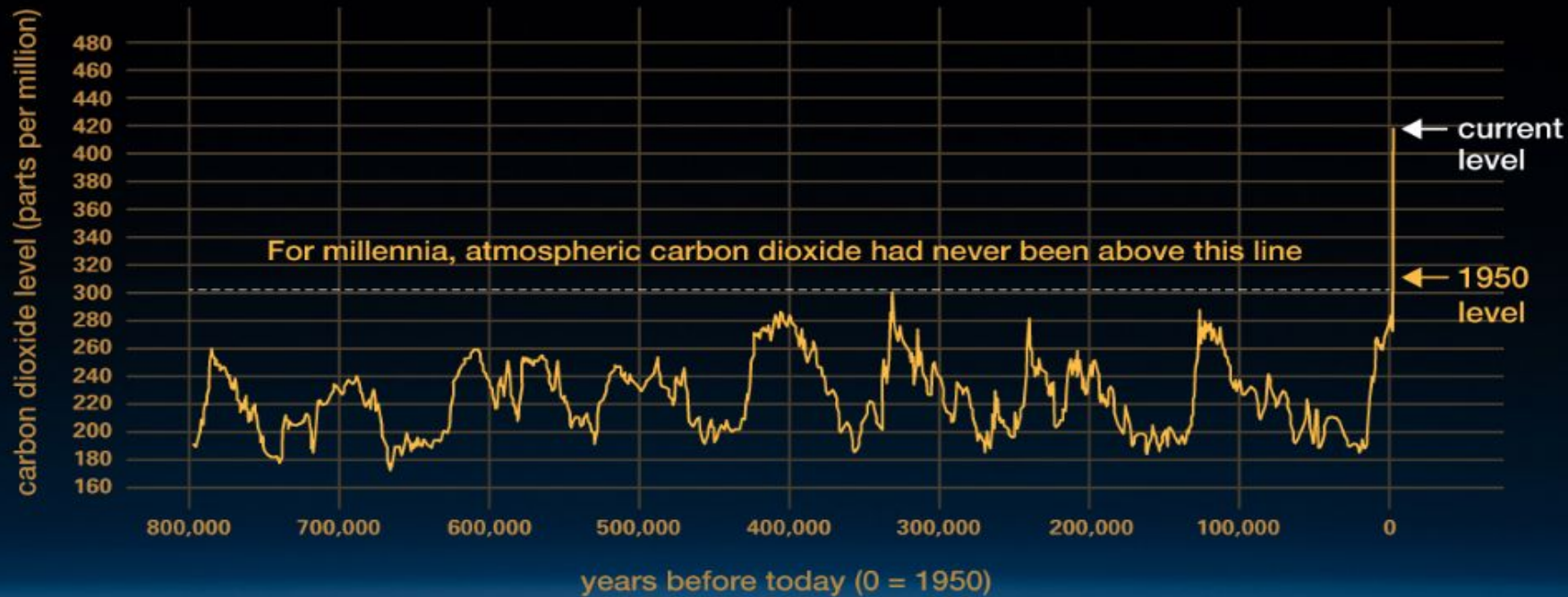
# What is Climate Change?

- Greenhouse gases- gases that wrap around Earth like a blanket and trap the sun's heat
- Emissions of greenhouse gases
  - carbon dioxide and methane
- Gasoline from vehicles, deforestation, landfills, factories











# Misconceptions

- Climate change is not a change in weather and warmer temperatures
- Climate is the average change in temperature over many years



## Consequences

- Affect food, housing, health, safety, ecosystems
  - Extreme weather



1.  
So what can  
you do?

Everyday changes!



## Everyday changes:

- Turning off your lights when you leave the room
- Public transportation & walking/biking
- Changing diet to plant-based
- Reduce, reuse, repair, recycle
- Throwing out your food in the correct bin at dinner



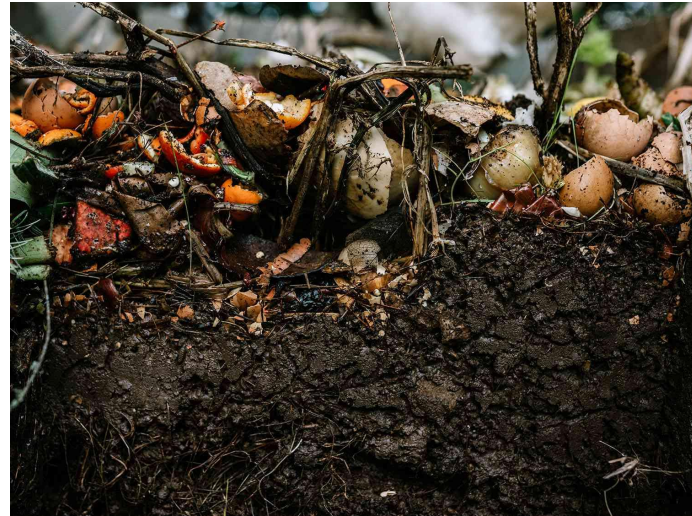


## 2. COMPOSTING!



# What is Composting?

- Converts organic material into nutrient rich soil
- Done through decomposition



# How does it work?

- Break down of organic material
- Worms



Can you see  
the different  
stages?















# WHAT CAN I COMPOST?

## YES!

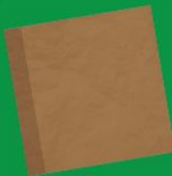
**FRUIT &  
VEGETABLE  
SCRAPS**

(OR EXPIRED  
PRODUCE)



**EGG SHELLS**

**PAPER  
NAPKINS**



**COFFEE  
GROUNDS**

## NO!

**COFFEE CUPS**



**PASTAS  
& GRAINS**



**MEAT &  
BONES**

**FOOD  
COOKED  
IN OIL**



**RECYCLABLES,  
NON-BIODEGRADABLE  
WASTE, & BIO-PLASTICS**



**DAIRY**



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## Steps:



- Set up compost bin and kitchen collection
- Prepare materials: break up materials
- Build compost pile: start with a 4-6in base of browns (dry leaves)
- Add greens (food scraps)
- Add at least 2-3x the amount of browns
- Turn compost bin occasionally



## Steps:

- Mixture will get very hot but should not smell bad
- When there are no more food scraps visible and mixture looks like dirt (3-5 months) and has rested (4 weeks), transport oldest compost to garden area





<https://www.instagram.com/reel/Cpl2Ua8gXYx/?igshid=MDJmNzVkMjY%3D>






# Bear Minimum & Neighborhood Compost

- Small business refillery
- Compost bins
- Subscription-based compost pick-up program





Of course, simply individual  
changes won't make a  
difference; we need to join the  
movement!

