

# What Can You Compost?

## YES

### Food Scraps

Meat, Poultry, Fish,  
Shellfish & Bones  
Egg & Dairy Products  
Table Scraps & Plate Scrapings  
Fruit & Vegetables  
Bread, Dough, Pasta, Grains  
Coffee Grounds, Filters & Tea Bags

### Food Soiled Paper

Kitchen Paper Towels  
Paper Napkins  
Wet Cardboard & Paper  
Compostable Plates, Cups & Utensils

### Plant & Wood Scraps

Plants & Flowers  
(No flower pots)

## NO

\* Plastic Bags  
\* Plastic Tubs & Bottles  
\* Glass Bottles & Jars  
\* Metal  
Produce Baskets & Netting  
Burlap  
\* Plastic Wrap  
Cork  
Coated or Plastic Take-Out Containers  
Plastic Plates, Cups & Utensils  
Latex & Plastic Gloves  
Styrofoam  
Foil  
Wire & Rubber Bands  
Painted & Treated Wood  
Garbage & Hazardous Waste  
\* Milk & Juice Cartons  
(\*These items are recycleable)



Keep Containers Clean  
Use Compostable Liners Only  
Rinse Containers Frequently



 **Toole**  
**Composting**

ORGANIC & FOOD WASTE MANAGEMENT

Ballintrane, Fenagh, Co. Carlow  
T: 059 9148984

[www.otoolecomposting.ie](http://www.otoolecomposting.ie)