

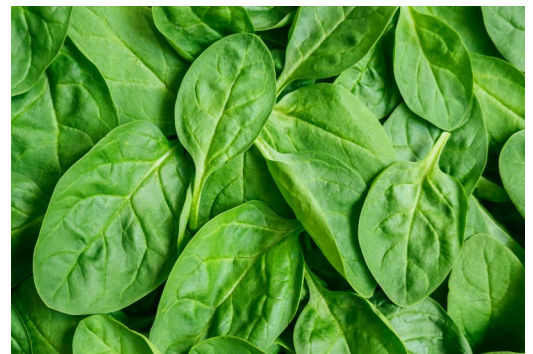
COMPOSTING

*Americans waste about 25% of the food we purchase.
Most of this food ends up in a landfill.*

Composting can...

- ◆ Help reduce the amount of food that is wasted
- ◆ Provide valuable nutrients and improve soil for better gardening and better plants.
- ◆ Make you healthier by producing more nutritious fruits and vegetables

Composting is an easy way to be sustainable while improving your garden and health!



BEFORE YOU START

Some restrictions apply to composting. You may need a special license.

Please contact the Cuyahoga County Board of Health at 216-201-2000 before you begin.

How to Start Composting

1. Obtain a compost bin or build a pile that will best suit your needs (some restrictions apply).
2. Add your ingredients! Layer even amounts of “green” and “brown” materials.
3. Mix your compost twice a month to add oxygen and speed-up the breakdown of ingredients.
4. Keep your compost damp. If it’s too dry, add some water. If it’s too wet, add leaves, shredded newspaper, or sawdust.
5. Add compost to your garden a few weeks before you plant.

What you CAN compost:

Greens:

Fruit Peels

Veggie Peels

Coffee Grounds

Old Bread

Grass Clippings

Manure

Browns:

Fallen Leaves

Dry Weeds

Shredded Paper

Straw

Wood Chips

Sawdust

What you CAN'T compost:

Meat

Fish

Poultry

Bones

Dairy products

Pet droppings

CUYAHOGA COUNTY
BOARD OF HEALTH

YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

5550 Venture Drive Parma, Ohio 44130
216-201-2000 www.ccbh.net

