NEW YEAR'S RESOLUTION
HOW TO START COMPOSTING

Here's a quick guide to help you get started:

1 WHAT IS COMPOST?
Compost is formed from an approximate mix of 1/3 “green” materials (like veggie and fruit scraps) with 2/3 “brown” items (like dried leaves and mulch) – the ratio can vary a bit by pile as you figure out what works. When combined, these materials break down into a rich natural fertilizer for indoor and outdoor plants.

2 WHAT DO I COMPOST?
GREEN MATERIALS INCLUDING:
- Coffee grounds
- Any food scraps (except meat or eggs)
- Eggshells
- Dried grass clippings
- Processed foods like rice, bread

BROWN MATERIALS INCLUDING:
- Dried tree leaves
- Sawdust
- Pine mulch

3 WHEN IS COMPOST READY TO USE?
- Compost is generally ready to use in 3-6 months, though that timeline can vary by pile. Compost is ready when it looks like dark brown soil and smells earthy. Look for the dark material lower down in your compost pile.
- Once ready, use it to plant new things in your garden or donate to a friend, farmer or local community garden.

3 TIPS TO KNOW ABOUT COMPOSTING:
- Smaller scraps equal faster breakdown and better air circulation.
- When composting on the ground, create an empty space beside the pile, then turn the compost over into that space, then back again each month.
- Keep the pile around half wet, half dry, like a wrung-out sponge.

WHERE CAN I LEARN MORE?
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Kroger’s Zero Hunger | Zero Waste social impact plan seeks to end hunger in our communities and eliminate waste across our company by 2025. For more great ideas about cutting waste, visit Krogerstories.com.