



March, 2023

Greenable Topic

Food Waste Composting

What should I know?

⇒ Composting can divert as much as 30% of household waste away from the garbage can. That's important because when organic matter hits the landfill, it lacks the air it needs to decompose quickly. Instead, it creates harmful methane gas as it breaks down, increasing the rate of climate change.

⇒ Approximately one-third of landfill waste is made up of compostable materials. Diverting this waste from the landfill by composting means less waste, less greenhouse gas emissions, and a natural alternative to chemical fertilizers for garden beds.

How can I get involved?

⇒ A healthy compost should have much more carbon than nitrogen. A simple rule of thumb is to use one-third green and two-thirds brown materials (see below). To learn more about the items that should and should not be in your compost click [HERE](#).

⇒ "Greens" are typically food scraps, like fruit, vegetable peelings, and coffee grounds. These add nitrogen — a crucial element for microbial growth for decomposition. "Browns" are more carbon rich — think egg cartons and newspapers. [Get Started!](#)

Why is it important?

⇒ Nutrients and hydrocarbons adsorbed and/or trapped by compost are decomposed by naturally occurring microorganisms. [Compost benefits](#) also improve soil structure and nutrient content, which reduces the need for chemical fertilizers.

⇒ Composting turns food waste into a valuable soil enhancer that helps plants thrive. In addition to helping to divert organic material from landfills, compost can also conserve water due to its ability to retain and efficiently transfer water.

Reminders!

⇒ Composting is an easy way to reduce your carbon footprint. Learn more [HERE](#).

⇒ Join Greenable Woodbridge for the 2023 Earth Day Celebration on April 22, 2023 at Acacia Youth Center! This year will include composting demos, information, and raffles to win your own at-home composter!

⇒ The NJ Composting Council offers training to learn about best composting practices. Learn more [HERE!](#)