

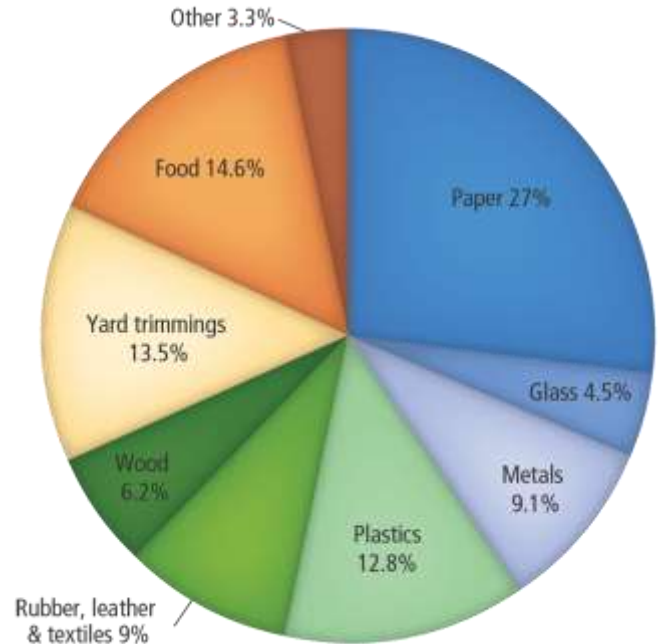
# WHAT IS COMPOSTING?

The biodegradation of organic matter into fertilizer.

Why is composting important?

Our nation generated 254 million tons of trash in 2013.

Almost **half** of that trash was easily disposable as compost!



<https://archive.epa.gov/epawaste/nonhaz/municipal/web/html/>

What materials are easily compostable at home?

- ✓ Food (except meats, dairy or fats which require a special composting container)
- ✓ Paper/cardboard
- ✓ Yard trimmings (chemical free)

Why should you compost at home?

- ✓ Create natural fertilizer for your lawn and garden
- ✓ Reduce the waste that goes to the landfill
- ✓ Reduce odors from garbage barrels

How can you compost?

- ✓ Make a pile in your yard
- ✓ Use an outdoor or indoor composting container
- ✓ Pay for a service to pick up your materials weekly

## RESOURCES:

One company provides compost pick up in Nahant:  
[blackearthcompost.com](http://blackearthcompost.com)

For links to information about composting and supplies contact:  
[nahantswiminc@gmail.com](mailto:nahantswiminc@gmail.com)

