

## What should I put in the compost bin?

Anything organic - that is anything that was once living, whether animal or vegetable can be composted but some materials are more appropriate than others for home composting. Organic material falls into two categories: 'Green' and 'Brown'. 'Green' or 'Nitrogen Rich' organic material is wet and often green like grass clippings or fruit and vegetables. 'Brown' or 'Carbon Rich' organic material is dry, woody material that is usually brown, such as fallen leaves, and tree-cuttings. The following list of materials can be composted at home. It has been separated into 'Green' and 'Brown' for simple identification.

### GREEN

- Coffee grounds
- Tea leaves and tea bags
- Fruit and vegetable waste (cooked or uncooked) - roots, cores, etc.
- Bread, pasta and rice
- Cut and dead flowers
- Grass cuttings and green leaves
- Weeds (Avoid weed seeds)
- Old plants (Not diseased)
- Seaweed or garden-pond cleanings

### BROWN

- Egg shells
- Kitchen paper
- Newspaper
- Papers and light cardboard ,e.g. cereal or shoe boxes (crumpled)\*
- Wood/peat/peat ashes (no coal ashes)
- Tree prunings and woody material (chopped)
- Hay and straw
- Sawdust or wood shavings



CLARE COUNTY COUNCIL  
T : 065 6846331  
[www.clarecoco.ie](http://www.clarecoco.ie)



KERRY COUNTY COUNCIL  
T : 066 7162000  
[www.kerrycoco.ie](http://www.kerrycoco.ie)



LIMERICK COUNTY COUNCIL  
T : 061 496264  
[www.limerickcoco.ie](http://www.limerickcoco.ie)



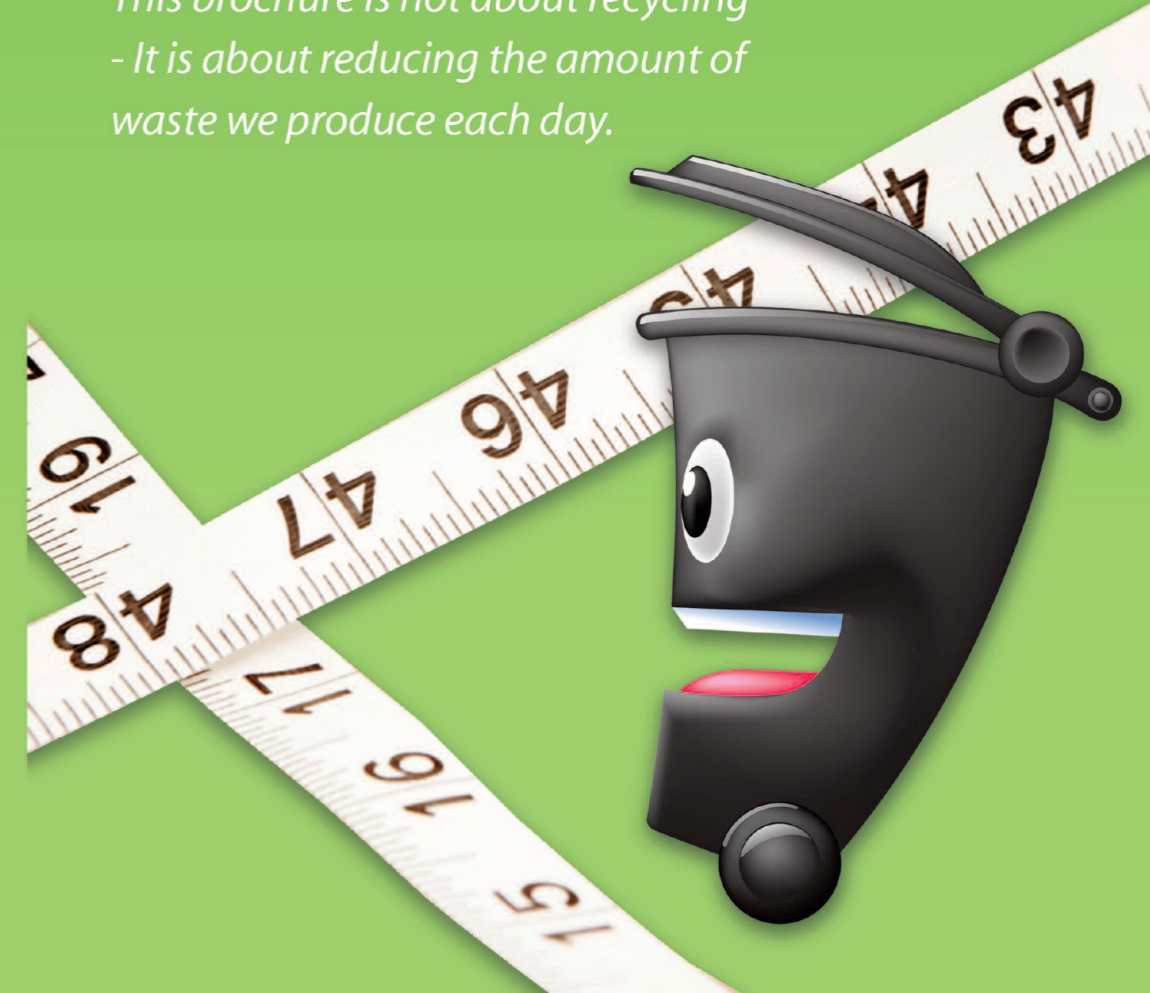
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[www.limerickcity.ie](http://www.limerickcity.ie)



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

# Waste Watchers Guide to Slimming your Bin

*This brochure is not about recycling  
- It is about reducing the amount of  
waste we produce each day.*





*In Limerick, Clare and Kerry we produce 384kg of waste per person each year. This figure is down by almost 10% from the 2005 figure. The trend is finally heading in the right direction, but we need to do more. Yes, we still want you to Recycle as much as possible. Recycle all your papers, magazines, cardboard, plastics, tetra paks, food and drink cans. But now try to reduce what you put in the bin for landfilling.*

We want to reduce the kg's of waste we generate every day. At the end of 2006 householders in the Limerick, Clare and Kerry Region recycled 25% of all the waste we produce. We still landfill 75% of all the waste we produce, we need to Reduce Reduce Reduce.

So, if you want to slim your bin. The following are helpful hints which will help us reduce waste.

## THINK BEFORE YOU SHOP!

*When shopping think about the items you are buying - make small changes in your shopping habits you can greatly reduce the amount of waste you produce at home.*

### BUY ONLY WHAT YOU NEED

Reduce unnecessary waste by avoiding buying things you don't really need. Items that rarely get used can be rented, borrowed or shared with others. *Household surveys show that we throw away 30% of all the food we buy.*

### AVOID DISPOSABLE ITEMS

Buy recyclable batteries and reusable razors. Items such as this create very little waste, as they don't have to be thrown away after each use.

### BUY PRODUCTS WITH LESS PACKAGING

Where possible buy fruit and veg loose. For those items you use regularly, buy them in bulk instead of in smaller amounts. This will save you money as well as reduce your waste.

### SELL OR GIVE AWAY UNWANTED ITEMS

Reduce waste by donating unwanted items to family, friends or neighbours. You could even sell your possessions in a car boot sale and earn some extra cash or why not advertise items on the Reuse web site; [www.jumbletown.ie](http://www.jumbletown.ie)

### REDUCE PAPER WASTE BY CANCELING UNWANTED MAIL

Unsubscribe to many national mailing lists by contacting the Irish Direct Marketing Service

### BUY ALL PURPOSE HOUSEHOLD CLEANER

Instead of buying many different ones for each cleaning role.

### REUSE HOUSEHOLD ITEMS

Many items found at home can be used for different purposes. So before you throw those items away, think about how they can be reused. Below are some suggestions of how to reuse those everyday bits and pieces.

### USE REUSABLE SHOPPING BAGS

Why buy a plastic bag each time you go to the shop when you can use a reusable bag.

### ENVELOPES

By sticking labels over the address you can reuse envelopes. Alternatively, old envelopes can be used as scrap paper to make notes on.

### JARS AND POTS

By cleaning glass jars and small pots, you can use them as small containers to store odds and ends. Alternatively they can be used for planting seeds, etc.

### NEWSPAPER, CARDBOARD AND BUBBLE WRAP

Makes good packaging material when moving house or to store items.

### UNWANTED CLOTHES

Can be made into other textile items such as cushion covers or why not donate to your local charity shop.

### PACKAGING

Why not check with your local schools and nurseries to see if they can be used in art and craft projects.

### SCRAP PAPER

Can be used to make notes and sketch paper. When you no longer need it don't forget to recycle it but be sure to use both sides first! Never put household hazardous waste in your bin. Items such as oil based paints, weed killers, detergents, batteries etc. Many Recycling Centres in the Region accept these materials and dispose of them safely.

### HAZARDOUS WASTE

Keep Medicines out of your bin. Medicines that are no longer required or past their best by date can be returned to you local pharmacy free of charge.

## HOME COMPOSTING

There are various forms of home composting - you can have a compost heap at the end of your garden or you can make or buy your own compost container. It should be possible to keep all garden waste out of your bin, find a small space in the corner of your garden and compost grass cuttings and hedge clippings

Home composting your food waste can reduce your waste to landfill site by up to 25%. It reduces the need to collect this type of waste which is problematic to dispose of. It is useful to have a small container in your kitchen that collects your organic waste for composting. This will reduce the number of trips to your compost container.

