



**ZERO HUNGER
ZERO WASTE**

HOW TO START COMPOSTING



It's Earth Month and there's no better way to do your part for our planet than to compost your food scraps.

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:



Fresh fruit and veggie scraps (peels, tips, other unused parts)



Eggshells (take longer to break down)



Processed foods such as cooked rice, bread and other cooked leftovers—keep to a minimum to avoid clumping



Seeds (don't worry if you see sprouting)



Coffee grinds (and filters)

BROWN MATERIALS INCLUDING:



Dried tree leaves and small branches



Small cut mulch



Sawdust



Dry grass clippings



Pine shavings

Remember, it takes a mix of about 1/3 green and 2/3 brown materials to make compost.

3 HOW DO I COMPOST?



IF YOU HAVE LIMITED OUTDOOR SPACE:

- Find out if your city or neighborhood association allows home composting or has any restrictions.
- See if your city offers composting pick-up or drop-off sites, or search for a local pick-up service.
- Use an enclosed barrel composter to keep the process more contained. (Look for one with a charcoal liner if you're worried about odors.)
- Research vermicomposting, or worm bin composting. This is a good option for those who want to compost indoors.

IF YOU HAVE MORE OUTDOOR SPACE:

- Create a fenced-in 4' x 4' composting plot in your yard (away from the house to reduce odors).
- Start with a layer of brown materials, then add green materials and cover with brown materials to keep rotting and odors at bay.
- Turn the pile regularly, including when you add new materials.
- Keep the pile about half wet, half dry, like a wrung-out sponge.

4 WHEN IS COMPOST READY TO USE?

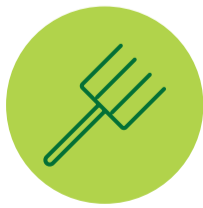
- Compost is generally ready to use in 3-6 months, though that timeline can vary by pile. Compost is ready when it looks like dark brown soil and smells earthy. Look for the dark material lower down in your compost pile.
- Once ready, use it to plant new things in your garden or donate to a friend, farmer 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 the empty space then back again, alternating each month.



Water the pile in really dry areas to keep it moist.



**ZERO HUNGER
ZERO WASTE**

WHERE CAN I LEARN MORE?

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](https://www.kroger.com/stories).