



Composting for kids

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MORE HAPPY
KITCHENS

WHY COMPOST?



COMPOSTING IN 7 EASY STEPS





COMPOST



FOOD SCRAPS / *DESPERDICIOS DE COMIDA*

Remove stickers, twist ties, rubber bands, and packaging.
Sin etiquetas, alambres de plástico, ligas, o empaquetado.



NO COMPOST BAGS
Small countertop compost bags
(3 gallons) accepted

NO BOLSAS DE COMPOST
Se aceptan bolsas de compost
chicas (3 galones)

YARD & PLANT TRIMMINGS / *RECORTES DE JARDÍN Y PLANTAS*



Flower bouquets
no string or elastic bands
Ramo de flores: no cuerdas o bandas



NO PAPER YARD BAGS
**NO BOLSAS DE PAPEL PARA
CORTES DE SU JARDIN**

THESE ITEMS ARE NO LONGER ACCEPTED IN COMPOST. PUT THESE ITEMS IN THE TRASH.
ESTOS ARTICULOS YA NO SE ACEPTAN EN COMPOST. PONGA ESTOS ARTICULOS EN LA BASURA.



NO FOOD SERVICE WARE
including products labeled as
compostable

NO UTENSILIOS DE COMIDA
*incluyendo productos etiquetados
como compostables*



NO PAPER PRODUCTS
NO PRODUCTOS DE PAPEL



NO GREASY PIZZA BOXES
Trash greasy side and
recycle clean side.

NO CAJAS DE PIZZA GRASOSAS
Ponga la mitad grasosa en la basura
y la mitad limpia en el reciclaje.



Learn why compost guidelines have changed / *Descubra por qué han cambiado las guías de compost*

When in doubt, give us a shout! 303.444.6634 / recycle@ecocycle.org
Si tiene alguna duda, comuníquese con nosotros!

eco-cycle®

How to build a compost pile

Step 1: Grab your “browns” and “greens”!

Do Compost

- Fallen leaves - browns
- Finely chopped, woody prunings - browns
- Pine needles - browns
- Untreated wood sawdust - browns
- Tea bags - greens
- Coffee grounds - greens
- Egg shells - greens
- Lawn clippings - greens
- Young weeds - greens
- Vegetable & fruit peels and scraps - greens
- Manure from non-meat eating animals - greens

Don't Compost

- Meat & bones
- Fish
- Dairy products
- Greasy foods
- Plywood sawdust
- Treated wood sawdust
- Diseased plants
- Dog, cat, or bird feces
- Poison oak/ivy
- Bermuda grass, ivy and rhizome grasses
- BBQ or coal ashes

Step 2: Layer your pile like a lasagna



BROWNS
GREENS
BROWNS
GREENS
BROWNS
GREENS
BROWNS

Step 3: Add Water!



A newly made compost pile should be 50% water and have the consistency of a wrung-out sponge.

COMPOSTING 101

Greens (Nitrogen)

- Food scraps
- Vegetable scraps
- Fruit wastes
- Coffee grounds
- Tea bags/leaves
- Fresh grass clippings
- Other garden waste (plants, stalks, flowers)
- Chicken/livestock manure
- Corn husks
- Stale/moldy bread



Browns (Carbon)

- Leaves
- Shredded straw, hay
- Sawdust
- Woody chips & twigs
- Shredded newspaper
- Nut shells
- Corn stalks and cobs
- Brown paper bags
- TP & paper towel rolls
- Crushed eggshells
- Cereal boxes
- Ashes from wood
- String/cotton thread
- Wool



Prohibited Items

- Meat
- Fish
- Poultry
- Bones
- Milk products
- Oil
- Pet manures
- Weed seeds
- Diseased/insect infested plants
- Glossy paper
- Anything with harsh chemicals



Troubleshooting

Ideal N:C Ratio = 2:1

(brown material volume is packed)

Too much Nitrogen = Smelly Compost

Too much Carbon = Won't break down

Adequate air

Adequate moisture

Roll bin around twice a week

Bury food scraps into can for pest control



What is compost?

Compost can be made in a number of ways, from simply piling up old plant material, to using complicated plastic bins.

Basically, plant waste + moisture + warmth + air + micro-organisms + time = compost.

Plant waste is either 'green' (leaves, flowers, weeds, grass cuttings) or 'brown' (bark, stems, roots, hedge trimmings). Aim for a mix of both. Don't forget you can use kitchen waste and small-pet litter (hamster and gerbil - not cat and dog litter!)

Micro-organisms (bacteria and fungi) either come in naturally from the soil underneath the heap or they are added in as a sprinkling of fresh soil every so often. They feed on the waste, breaking it down into hot compost.

Don't put large quantities of the same waste in the heap together, particularly grass clippings. Instead, mix a variety of other waste. Ensure you stir it up to let the air in.

Compost heaps and bins benefit from being emptied and turned fro



Good composting ingredients

shredded paper (not shiny magazines though!)
cotton and wool materials
tea bags
old plants
dead leaves
tops of perennial weeds
lawn mowings

Bad composting ingredients

woody plant clippings
synthetic fabrics
food scraps
meat or bones
diseased plant material
soil pests
weeds with seeds on
oil
whole eggs
dairy products

Interesting facts

The best gardeners know that gardening is not the art of cultivating good plants, but of cultivating good soil.

Worms are brilliant at making compost. Find out more from our worm article and make your own worm farm in a jar.

Compost and soil are not dead, they are living things.

There are more micro-organisms in a teaspoonful of soil than there are humans alive on the planet.

Soil with not much compost or humus in it will blow away in the wind very easily. Putting compost in your soil feeds the soil and makes it strong and healthy.

Activity

Why not try the Royal Horticultural Society lunch box challenge: make a packed lunch using only natural products, so that all the waste can go in your compost bin? How much of your normal packed lunch would not be used?

Make your own compost

How long will it take?

Begin in spring to have compost by autumn. Compost can be made all year round.

What you will need

a compost bin with a lid
old plant waste
kitchen waste
soil
used animal or pet bedding

Step-by-step guide

1 Help your children to set up the compost bin or site, ensuring the bin is placed on earth and not concrete.

2 Fill the bin with dead leaves, green waste from the garden, old plants you've pulled out, the contents of their pet hamster, gerbil or bird cage when they clean it out, fruit and vegetable peelings from the kitchen - even eggshells!

3 Next, sprinkle in some soil.

4 Cover the bin with an old piece of carpet or a doormat to keep the heat in and leave it alone until you have some more waste to put inside.

5 After three or four months remove the cover and help your child to dig the compost over. Leave it to rot down further.

6 When the bottom of the compost is brown and crumbly, it is ready. They can dig it into the garden - your plants will be really pleased!

Tips and advice

This is a joint project for adults and children together. You will need to provide the physical manpower for a lot of it, but the children will often provide the motivation to keep filling up the bin.

When preparing a meal, why not ask your children to help you sort out which pieces they can put in their compost bin? Vegetable and fruit peelings are great. Don't put in cooked food though as it may attract rodents.



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