Composting is the way to recycle!
Great news! The composting program at Eastern Middle School has just started and we need everyone’s help to make it a great success!
At lunch, don’t be quick to throw things out.

Be the waste manager! Divide them into three categories:

- **Compost** (fruit and vegetable scraps)
- **Recycling** (the rest of items if they are fairly clean and do not include food or napkins)
- **Trash** (food other than fruit and vegetable scraps, napkins and dirty items)
Show your character!

By properly sorting your wastes, you demonstrate to your teachers, cafeteria staff and most important, to other students, how mature you are and that you can take proper care of your wastes. By being responsible you pay your respect to the environment, the food you eat and all the people involved in its preparation.
How can you help?

- Every day the buckets placed in cafeterias are emptied and carried outside. Be a part of this process. **Volunteer to help!**

- Record compost temperature.

- Check its moisture.

- Be curious about the decomposition process inside the bins.
Use the compost thermometer to record the temperature on the cafeteria’s chart. The readings will indicate different stages of decomposition in the compost bin. They also tell you when the compost is ready or when there are problems.
What happens to the scraps?

Fruit and vegetable scraps collected in the cafeteria are taken to the outdoor compost bins. The school collects on average 30 lb. scraps per day. Instead of being sent to the incinerator they are being transformed into compost. This way we recycle and reuse the valuable nutrients locked inside them.
What we compost at school?

1. **Browns (carbon source):**
   - Leaves
   - Wood chips

2. **Greens (nitrogen source):**
   - Fresh fruit scraps
   - Fresh vegetable scraps
There is so much going on inside a compost bin. It is full of life and ongoing chemical reactions. This bioreactor is heating up by itself. All the creatures work very hard to transform leaves and cafeteria scraps into a soil-like material which is used as soil amendment.

Seventh grade students will learn all about it during their decomposition unit.
Composting provides a partial solution to a growing amount of garbage. All around the country, landfills are filling up, garbage incineration is becoming increasingly unpopular, and other waste disposal options are becoming ever harder to find.

Composting provides a way to not only reduce the amount of waste that needs to be disposed of, but it also converts it into a product that is useful for gardening, landscaping and house plants.
What is compost used for?

- Growing organic herbs, fruits and vegetables.
- Saving money on fertilizers and pesticides.
- Replacing less effective synthetic fertilizers.
- Conserving decreasing landfill space.
- Garden refuse disposal.
- Keeping off pests and weeds without chemicals.
- Improving plant growth and quality.
- Reducing erosion and nutrient run-off.
- Restoring nutrients in the soil.
- Loosening soil, mulching and moisture retention.
Learn more about composting

- http://www.bing.com/videos/search?q=how+compost+is+made%2c+education%2c+youtube&view=detail&mid=F277BFB265219ED34823F277BFB265219ED34823&FORM=VIRE3
Do your part!

- Compost at school and at home! Tell your parents and neighbors about the **Leaves: Nature’s Treasures** program in Greenwich.

- For more information visit the Conservation Commission website or call us at: **203 622 3822**