

# FACT SHEET - COMPOSTING

## BENEFITS OF HOME COMPOSTING

- Recycles food waste and reduces landfill
- Improves water retention in the soil and thus reduces water use
- Naturally improves soil health and structure



TWO COMPOSTING METHODS	Worm Garden	Regular Composting
How does it work?	Worm poo is an excellent soil enhancer and plant fertilizer	Breaking down of organic matter by microorganism to create soil
What to include in the compost?	<ul style="list-style-type: none"><li>• Worms</li><li>• Food scraps (e.g. fruit &amp; vegetable peels, crushed egg shells, bread)</li><li>• Tea bags</li><li>• Soiled paper &amp; cardboard</li></ul>	<ul style="list-style-type: none"><li>• Fruit and vegetable food scraps</li><li>• Tea bags, ground coffee</li><li>• Leaves, grass clippings, shredded paper, twigs</li></ul>
What not to include in the compost?	<ul style="list-style-type: none"><li>• Animal containing products (e.g. meat scraps and bones, animal waste)</li><li>• Oil</li><li>• High acid food waste (e.g. citrus, onions)</li></ul>	<ul style="list-style-type: none"><li>• Animal containing products (e.g. meat scraps and bones, animal waste)</li><li>• Oil</li><li>• Dairy products</li><li>• Bread, cakes</li></ul>
How long?	3 - 6 months	3 - 12 months
What to use to hold the compost?	<ul style="list-style-type: none"><li>• Boxes with ventilation holes</li><li>• Worm bed in the garden</li></ul>	<ul style="list-style-type: none"><li>• Plastic bins with ventilation holes</li><li>• Enclosure from bricks or timbers</li><li>• Tumbling compost bins</li></ul>
Benefits	<ul style="list-style-type: none"><li>• Mix with potting soil as a fertilizer</li><li>• Provides more enrichment compared to regular composting</li></ul>	<ul style="list-style-type: none"><li>• Soil can be added to garden straight away or used as fertilizer</li></ul>

## OTHER TIPS

- Place the composting bin in a shady spot
- There are potential health and safety risks if composting is not done properly
- Follow instructions on composting guidelines since proper composting can kill pathogens.
- Do not add any animal containing products (e.g. animal products, animal waste) in the compost pile since they may contain pathogens, create odour and attract flies or pests (e.g. rats, possums or snakes)

Please refer to Office of Environment and Heritage for more information on composting and worm gardens (<http://www.environment.nsw.gov.au/households/gardening.htm>)