

The top corners of the page are decorated with various green leaves and ferns. Some are solid green, while others have a white outline or a light green fill with dark green veins.

natracare<sup>®</sup>

*Beginners guide to*  
**COMPOSTING**



Your handy guide

to composting

New to composting?  
*We've got you covered.*

This guide will teach you the ropes on how to start composting, taking you from newbie to expert in no time!





# Why



## should I compost?

Composting is the recycling of organic wastes such as vegetation and food. By composting, not only are you reducing the amount of waste going to landfills, but you are playing your part in supporting a healthy ecosystem.



Composting different everyday items like 100% paper tea bags or banana peels will help to improve soil health, recycle nutrients, and give plants and vegetation a healthy environment in which they can thrive.



# What

# should I compost?

## GREEN MATERIALS



100% PAPER  
TEA BAGS



EGG SHELLS



COFFEE GROUNDS  
& FILTERS



FRESH LEAVES &  
PLANT CUTTINGS



FLOWERS



FRUIT & VEG  
PEEL & SCRAPS



GRASS



FEATHERS



RICE & GRAINS

## BROWN MATERIALS



VEGETABLE STALKS



CARDBOARD



DRY LEAVES

TWIGS



SAWDUST, WOOD  
CHIPPINGS & SHAVINGS



USED PAPER PLATES  
& NAPKINS



NATRACARE  
PRODUCTS

## DO NOT COMPOST



PLASTIC



GLASS



METAL

# Is there more than

# one way to compost?



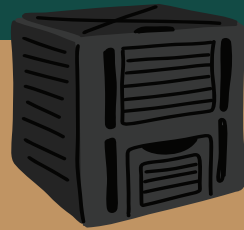
*There sure is.*

There's a multitude of ways to compost but the most commonly known are regular composting (AKA cold composting) and hot composting.



## COLD COMPOSTING

is the easier method to get started with. You can use materials such as grass clippings, fruit and veg and coffee grounds – be careful not to include any weeds. Because the cold compost heap won't reach high temperatures, the weeds may start to grow IN your compost heap! Once your pile of compost is ready, you can distribute it to plant beds and where you want to build healthy soil. There are lots of options online and in stores for composting bins.



## HOT COMPOSTING

is a much faster method but is a little harder to do because it requires more maintenance. To get the compost heated up, you'll need an equal mix of "green" and "brown" matter. The perk of hot composting means you can compost food waste, meat and dairy products, which you can't in cold composting. The pile will need to be built quite large so it can retain heat and should heat up within 24 to 36 hours. The result? Lovely, nutrient-rich compost that's ready in 4 weeks.



Is it possible to compost

if you don't have access

to an outdoor space?



Absolutely!

You can build a worm compost bin.

You can pick up your new wiggly friends from a local garden centre – red worms will work best. You'll need about 1,000 of them for a small composter. Store the worms in a stainless steel, wood or plastic storage container with a lid. The worms will need to access to air, so make a few holes to let the air in. Add in some old cardboard or damp paper to the bottom, then cover with a few handfuls of soil.

There will be a bit of trial and error as you learn how much the worms can eat at once, and as they become familiar with the food scraps you're giving them. Don't let your food scraps rot. If this happens, take them out.

# 7 easy steps

# to composting

1

Collect your compostable waste

2

Choose a type of composting

**COLD**

6+ months

**HOT**

8+ weeks

Add green & brown material



3



Add green & brown material

Create breathable layers by adding dry leaves and twigs



4



Water your pile until moist

Water in dry weather



5



To maintain air spaces - mix your pile

Keep adding to your pile



6



Monitor your soil temperature

Use as needed



7



Use as needed

# How do I compost

## Natracare pads and tampons?

Composting Natracare pads and tampons can be a key part of green living. Period blood contains lots of nutrients – which is an excellent natural fertiliser for many plants!

You may need to check your local regulations if you plan on using any compost for growing food or farming commercially. If in doubt, use the compost as mulch for non-edible plants and regenerating soils.

Pads



Natracare pads (and panty liners) can be composted in a hot or cold compost bin. Pop your Natracare pads into your compost bin and wait for the wonderful process of composting to be complete.

They're considered brown waste and take around 90 days to decompose in a hot compost bin. You can speed this process up by cutting them into smaller pieces first.

Natracare pads and panty liners are certified commercially compostable to EN 13432 and ASTM D6400.



# Tampons



Natracare tampons are 100% organic cotton without any plastics – this means they'll compost quickly and easily. Put your Natracare tampons into your hot or cold compost bin and wait for the wonderful process of composting to be complete.

Tampons made with 100% cotton take around 4 weeks to decompose in a hot composting bin.

Natracare tampons are classed as a textile and brown waste when composting, this is why they don't need certification to prove they're biodegradable! The applicator used for our tampons is also compostable - it's made from card so is considered a brown material.

Time frames are estimates, it can be faster or slower depending on your compost bin's moisture levels, materials, and temperature. Optimum conditions for Natracare pads and tampons use the same methods that are used for composting things like meat, bones, and cooked food waste.

Please note: most period products *are not suitable* for composting - ensure they are free from any non-compostable plastics or SAPs first!

For more information, check out our in-depth blogs on how to compost Natracare pads and tampons.