

# Trash Thursday: Composting for healthy soil.



## What is composting?

Compost is decomposed organic material, like yard debris (leaves, grass clippings, etc) and kitchen waste (vegetable and fruit scraps). It is often used as fertilizer because it provides nutrients for plant growth.

## Compost and Climate Change

Composting helps to increase plant growth, which means that there is more carbon being pulled from the atmosphere. It also increases the health of the soil, meaning that it can support more crops and provide more nutritious food.



## Interesting Facts!

Composting can be done a number of different ways, including indoor and outdoor composting methods. There's even a method that involves composting with worms.

## Think about it!

By composting at home, you can keep organic material out of landfills and reduce the amount of garbage from your household. It also can give you nutrient rich compost that helps cut back the use of chemical fertilizers.



## What can you do?

Think about how much organic waste you throw out and look at different methods of composting and think about which one would be best for your home!

Composting is a great way to increase the health of the soil and to learn about how even small changes can be beneficial to the environment.

**Now that you know more about composting,  
complete the activity sheet of the day!**

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