



## Composting Resources:

Composting is a wonderful way to keep food waste out of landfills and to make a rich soil amendment that can be used in your indoor plants or garden! To start, read over the [EPA's guide to composting at home](#) for an overview of the science behind composting, why to do it, and how. Then see some of our NY-specific recommendations for composting at home below!

### Basic Composting:

This [guide from apartmenttherapy.com](#) gives guidance for a compost system you can try at home with items you likely have around the house! All you need is a container, some newspaper or other carbon-rich material, some soil, and your food scraps!

### Vermicomposting:

Vermicomposting is composting with worms! You can create your own vermicomposting bin, or purchase one. Here's a [guide from the New York City Compost Project](#) that explains all-things worm-composting! You can purchase your Red Wiggler Worms via the [Lower East Side Ecology Center](#), or from an online supplier.

### Additional Composting Options:

If you have access to an outdoor space, you can make or purchase an outdoor compost bin, for easier and increased food scraps processing. Again, the [New York City Compost Project offers a great guide for outdoor composting](#) in NYC!

Or, you can also contact a local compost micro-hauler to have them pick up and process your food scraps off-site.