

# What to Feed Your **ECO 5**



## ALWAYS



MOST FRUIT & VEGGIE SCRAPS



EGGS & SHELLS



MEAT, FISH, SHELLFISH, POULTRY SCRAPS, CHICKEN & FISH BONES



COFFEE GROUNDS, FILTERS & TEA BAGS



CEREALS & GRAINS



BEANS, SEEDS & LEGUMES

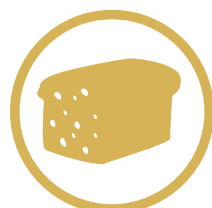


CHEESE



PET FOOD

## SOMETIMES



STARCHES (BREAD, RICE, PASTA, ETC.)



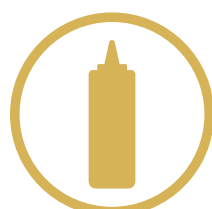
NUT BUTTERS



CITRUS FRUIT RINDS



JAM, JELLIES, MARMALADES



CONDIMENTS, DRESSINGS, SAUCES & SOUPS



HIGH SUGAR FRUITS (GRAPES, CHERRIES, BANANAS, ETC.)

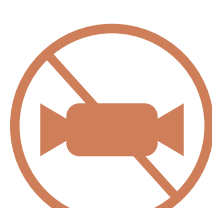
## NEVER



HARD BONES LIKE BEEF & PIG BONES



HARD PITS (PEACHES, APRICOTS, NECTARINES, ETC.)



CANDY OR GUM



NUTS & OTHER HARD SHELLS



COOKING OILS OR GREASES



PINEAPPLE LEAVES

**DIVERSIFY**

Avoid high concentrations of a single food.

**MIX IT UP**

Combine heavier food scraps with lighter, dryer foods.

**HIGH FIVE**

For highly fibrous foods (cobs, cornhusks, asparagus, etc.), be sure to cut them into palm-sized pieces.