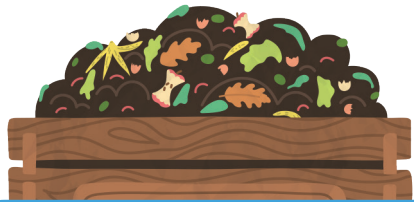


# Factsheet

Discover the secrets of composting and learn how everyday waste can be transformed into something amazing!

## Cool composting facts



Compost heaps can get as warm as a hot bath

**Did you know?**  
Composting can reduce household waste by up to 30%



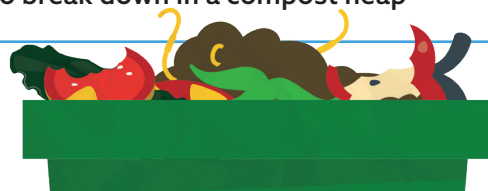
Coffee grounds are great for compost (and worms love them!)



Worms can eat half their body weight in food each day



A single apple core can take 2-4 months to break down in a compost heap



## How compost helps the planet

Here are reasons why compost is a big help to our planet:



Composting recycles your scraps and turns them into something useful.



It gives plants natural food so they can grow without needing chemical fertilisers.

It helps soil store water for dry spells.



Compost is home to lots of tiny helpers like worms and beetles that keep soil healthy.



It keeps food scraps out of landfill, which helps to reduce harmful gases.

