



Arganil  
+ Sustentável

## REGISTRATION

All citizens with permanent residence in the Municipality of Arganil and with the necessary space (patio, yard or garden) can register. A compost kit will be given free of charge per housing: compost bin (330 L), bucket (7 L), aerator and compost guide.

For more information:

-  [www.cm-arganil.pt](http://www.cm-arganil.pt)
-  [ambiente.saude@cm-arganil.pt](mailto:ambiente.saude@cm-arganil.pt)
-  235 200 177



# COMPOSTAR é RECICLAR!

COMPOSTING IN THE MUNICIPALITY OF ARGANIL



FREE  
TRAINING  
AND FREE  
COMPOST KIT

Value your kitchen and garden bio-waste!

Cofinanciado por:





The project “Compostar é Reciclar!” (Composting is Recycling!) seeks to encourage the practice of composting in the Municipality of Arganil, a process that makes it possible to value its bio-waste, locally, avoiding its disposal in landfills.

**Bio-waste**, or organic waste, consists in biodegradable materials that are easily decomposed by nature. They are produced in gardens and vegetable gardens (garden waste) and through the preparation of food (food waste).

## COMPOSTING

**Composting** is a process of decomposition of bio-waste by means of microorganisms in the presence of oxygen. The **Compost** is nutrient-rich, making it an excellent natural fertilizer.

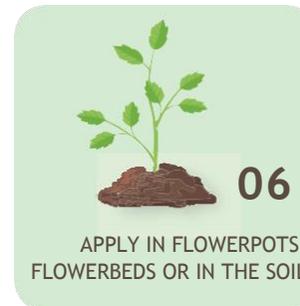
## ADVANTAGES

- Reduces landfill waste;
- Enriches the soil;
- Promotes water retention;
- Naturally prevents plant diseases.

## PARTICIPATE

By composting you will contribute towards improving the quality of life in your Municipality. Your contribution is very important to make **#Arganil+Sustentável** (**#Arganil+Sustainable**)!

## Composting is very easy!



## WHAT CAN YOU AND CAN YOU NOT PLACE?

**Green** and **brown** waste should be placed in similar quantities, making sure to place them by **layers**.

### 😊 GREEN WASTE ✓

- VEGETABLE AND FRUIT PEELS OR LEFTOVERS
- COFFEE GROUNDS AND TEABAGS
- EGGSHELLS
- BREAD AND CAKES
- COOKED DOUGH AND RICE
- CEREAL AND LEGUMES
- SALAD GREENS, HERBS AND FLOWERS
- FRESH GRASS CLIPPINGS

### 😊 BROWN WASTE ✓

- POTATO SKINS
- PAPER TOWELS/ NAPKINS
- DRY LEAVES AND GRASS
- BRANCHES, PINE NEEDLES AND BUSHES
- WOOD CHIPS
- STRAW AND HAY
- NUT SHELLS

### ☹ DO NOT PLACE ✗

- MEAT, FISH, SEAFOOD, BONES AND FISH BONES
- DAIRY PRODUCTS, OILS AND GREASY FOOD
- CHEMICAL-TREATED OR DISEASED PLANTS
- ASHES AND CIGARETTE BUTTS
- DIAPERS, ANIMAL FEACES OR CAT LITTER
- ANIMAL BEDDING DIRTY WITH EXCREMENTS
- INORGANIC MATERIALS (glass, plastic and metal)