



# Compost Doctor Service



## What are you doing with your tea bags?



Did you know that tea bags, along with coffee grounds, fruit and vegetable peelings and other food waste can be composted at home?  
Don't put your tea bags in the rubbish bin!

### Composting your kitchen waste at home means:

- You will lighten your dustbin and prevent smells
- Less rubbish will be sent to landfill
- Your garden will benefit from a great free soil improver!

You don't have to be a keen gardener to start composting. If it rots, it will compost – and some compost bins are designed to take cooked as well as uncooked food.

For free advice on composting and the reduced-price compost bins available to East Sussex residents call: 01273 482995

Email: [compostdoctor@eastsussex.gov.uk](mailto:compostdoctor@eastsussex.gov.uk)  
or see [eastsussex.gov.uk/composting](http://eastsussex.gov.uk/composting)



Part financed by the European Union  
(European Regional Development Fund)

