

The Heartland Café Compost Program

Here at Heartland Café, we always strive to minimize our environmental impact. You can see this in our all organic produce, biodegradable takeout containers, and our very own compost program.

The Ground Rules, a project of our partner, Social Ecologies, takes food scraps that would normally go to landfills and composts them into healthy soil. This compost is then used throughout Chicago to remove contaminants from polluted land, a process called “soil remediation.” This way, we divert waste from landfills while also making our local environment safe for habitation, cultivation and wildlife.

You too can help in the remediation of urban soil and save your household food scraps from landfill. Stop by the Heartland Café to pick up a Ground Rules bucket to hold your kitchen waste. Simply come back again when it’s full and exchange it for a new one. Sign up today with the market cashier and start putting your garbage to good use!

Cost	Description
\$15	Bucket Deposit (One time refundable deposit)
\$8 +tax	Per Bucket Composting Fee
\$23 +tax	Initial Startup Total



Basic Rules for composting:

- Only compost approved waste – check the back of this sheet for a handy guide to what can and cannot go in your bucket.
- Make sure your bucket’s lid is securely attached. Lidless or overflowing buckets cannot be accepted!
- Do not hold onto the bucket for more than a week or two as the contents will turn anaerobic. Ground Rules builds aerobic, or oxygen rich, piles of compost.

What to Compost?

NOT Accepted:

- Meat of any kind.
- Dairy — including cheese, butter, yogurt.
- Cat or dog food.
- Pizza.
- Oils or fats.
- Animal or human manure.
- Dead animals.
- Plastic.
- Clothing.
- Toilet paper, diapers, band-aids, or dental floss.
- Cigarettes or tobacco.
- Wax paper or tin foil.
- Styrofoam.
- Candles.
- Dough.
- Pet litter.
- Potato chips or other salty snacks.
- Candy.
- Fermented foods — including pickles, vinegar, soy sauce.
- Glue.

Accepted:

- Raw fruits and vegetables — including peels, husks, shells, rinds.
- Coffee grounds and filters.
- Tea bags.
- Egg shells.
- Shredded paper — including office and newspaper.
- Flowers and house plants.
- Egg cartons — cardboard only.
- Paper napkins, plates, and cups.