

EDIBLE COMPOST

SUPPLIES & INGREDIENTS

Clear plastic bag (one per participant)

Corn flakes cereal (represents dried leaves)

Chex cereal (represents dried grass)

Pretzel sticks (represents sticks and twigs)

Dried fruits- such as apples, banana chips, cranberries, raisins, etc. (represents fruit and vegetable scraps)

Gummy worms (represents earth worms and they help break down the items)

Chocolate chips (represents compost critters that also help break down the item)

DIRECTIONS

1. Tell participants to strap on their imagination caps. Hand each participant a clear bag. Tell them that the bag represents their backyard compost bin. Discuss each edible item and the compost item it represents. As you discuss each item, place some of the item in each participant's "compost bin".

2. After discussing and passing out each compost item have participants zip their clear paper bag closed and shake their compost. Explain to participants that compost needs air in order for items to break down and decompose. In addition to air, compost also needs moisture to break down. Tell participants that as they eat their compost they can get a drink of water to represent the moisture needed for compost to breakdown.

3. Allow participants to eat their compost. A

