

Grow!

PART TWO OF THE HEALTHY SOIL CHALLENGE



compost

WHAT AND WHY?

compost is organic material that can be added to soil to help plants grow. it can be made from food scraps and yard waste, which together make up more than 30 percent of what we throw away!

composting keeps this "waste" out of landfills where they take up space and release methane, a harmful greenhouse gas.



choose a pathway


COMPOST ANIMATION

have you ever wondered what happens inside a compost bin? learn more about the composting process with this fun video from Recycle Now.

THE COMPOST STORY

dive a bit deeper with this video from Kiss The Ground and learn about the positive impact that composting can have on our earth!





reducing food waste

AND STORING CARBON

If we can reduce food waste by 50% by 2050, we could prevent 26.2 gigatons of carbon dioxide from entering the atmosphere. It will also help in clearing LESS land for farming, which could keep an around 44.4 gigatons of carbon in the ground. Reducing our food waste by 50% might seem impossible, but over 51% of the trash going to landfills is actually compostable! We can turn this "waste" into a valuable resource.

want to start composting?

these two articles from the environmental protection agency and the natural resources defense council will give you a great overview on composting!

[EPA RESOURCE](#)

[NRDC RESOURCE](#)

[COMPOSTING VIDEOS](#)

check out this playlist of awesome videos with composting tips and methods!



grow!

If you don't already have a garden at home or another place where you can put your compost, you can use this video playlist to help you get started! There should be resources for people with smaller/no green spaces too!

GARDENING AT HOME





how do others grow?

MOVE ON TO THE NEXT PART OF THE CHALLENGE TO LEARN ABOUT
SOME IMPORTANT FARMING PRACTICES!

