

WHAT TO FEED YOUR **FOODCYCLER**

ALWAYS



MOST FRUIT
& VEGGIE
SCRAPS



EGGS
& SHELLS



CEREALS
& GRAINS



BEANS, SEEDS
& LEGUMES



MEAT, FISH,
SHELLFISH,
POULTRY
SCRAPS,
CHICKEN &
FISH BONES



COFFEE
GROUNDS,
FILTERS &
TEA BAGS



CHEESE



PET FOOD

SOMETIMES



STARCHES
(*BREAD, RICE,
PASTA, ETC.*)



CITRUS
FRUIT RINDS



CONDIMENTS,
DRESSINGS,
SAUCES & SOUPS



NUT
BUTTERS



JAM, JELLIES,
MARMALADES



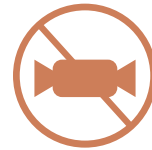
HIGH SUGAR
FRUITS
(*GRAPES, CHERRIES,
BANANAS, ETC.*)



HARD BONES
LIKE BEEF
& PIG BONES



NUTS & OTHER
HARD SHELLS



CANDY
OR GUM



CARDBOARD
BOXES



COOKING OILS
OR GREASES



COMPOSTABLE
COFFEE PODS

DIVERSIFY Avoid high concentrations of a single food.

MIX IT UP Combine heavier food scraps with lighter, dryer foods.

HIGH FIVE Cut highly fibrous foods (cobs, cornhusks, asparagus, etc.) into palm-sized pieces.



FOODCYCLER®
by  **Vitamix**®