



natracare[®]

Your handy guide to **HOT COMPOSTING**

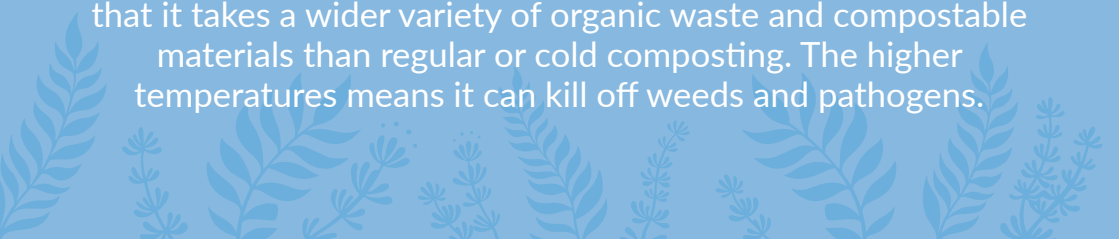
Heard about hot composting but not sure what it is?
This guide will **teach you the ropes** so you can get started on your hot composting journey!



What is hot composting?

Hot composting is a fast method of turning your organic waste into nutrient-rich compost. Compost generates heat naturally as the process of microbes breaking things down releases thermal energy. Hot compost uses heat to fast track the process – it relies on optimal microbial activity to help decompose waste at the right temperature. Between 60-68C/140-155F is the ideal temperature range. The result is you can end up with usable compost in around four weeks!

All composting is brilliant – it's incredibly sustainable and helps keep soils healthy. A great benefit of hot composting is that it takes a wider variety of organic waste and compostable materials than regular or cold composting. The higher temperatures means it can kill off weeds and pathogens.



What can I compost

in a hot bin?



You'll need a good balance of green (nitrogen rich) and brown (carbon rich) organic waste. Add them in layers and break up anything bulky into smaller pieces where possible. Don't fret too much over what you put in – the good news is that anything organic will break down.



PLANT CUTTINGS



COFFEE GROUNDS & 100% PAPER TEA BAGS



VEGETABLE PEELINGS



ONLY NATRACARE PRODUCTS



MEAT, BONES & FISH



PLASTIC



GLASS



METAL

How do I compost Natracare



pads and tampons in a hot bin?

Composting Natracare pads and tampons can be a key part of green living. Period blood contains lots of nutrients – which is an excellent natural fertiliser for many plants!

It is really important that you don't compost period products that aren't compostable.

Pads



Natracare pads (and panty liners) can be composted in a hot composter.

Pads are considered brown waste and take around 90 days to decompose in a hot compost bin. You can even speed up the process by cutting them into smaller pieces first.

Natracare pads and panty liners are certified commercially compostable to EN 13432 and ASTM D6400.

Tampons



Natracare tampons are 100% organic cotton without any plastics – this means they’ll compost quickly and easily.

Tampons made with 100% cotton take around 4 weeks to decompose in a hot composting bin.

Natracare tampons are classed as a textile and brown waste when composting, this is why they don’t need certification to prove they’re biodegradable! The applicator used for Natracare tampons is also compostable as it’s made from card.

The time it takes to compost can change depending on your compost bin’s moisture levels, the balance of green and brown waste, and of course, the temperature. For more information, check out our in-depth blogs on how to compost Natracare pads and tampons.

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