

# What Not To Put Down A Garbage Disposal

A Printable Guide

**Oil &  
Grease**

**Rice,  
Pasta**  
Anything That Swells

**Egg  
Shells**

**Fruit Pits  
& Seeds**

**Harsh  
Chemicals**

**Animal  
Bones**

**Fibrous  
Vegetables**

**Coffee  
Grounds**

**Onion &  
Potato  
Peels**

**Spoons &  
Utensils**

**Your  
Fingers**

**Pumpkin &  
Melon**

**Corn  
Husk**

**Sea  
Food**

**Carrots**

**Artichokes**