

# What Can I Put In The Garbage Disposal?

## GOOD



### **COLD WATER (NOT HOT)**

Water should be running the whole time the garbage disposal is on. Cold water is best because it solidifies grease and fatty foods. **HOT WATER CAN CAUSE OVERHEATING**



### **SMALL BITS OF FOOD**

Small scraps of food left over on your plate after a meal is what a garbage disposal is intended for. Grind Away!  
**AVOID LARGE AMOUNTS OR BIG CHUNKS**



### **BREADS**

Breads break up easily and dissolve quickly in water. Use plenty of water to avoid turning to paste  
**AVOID USING THE WHOLE LOAF**



### **COOKED VEGETABLES AND MEAT**

Most cooked vegetables and meats are soft enough to grind up in the disposal with ease

**AVOID BONES AND STRINGY VEGGIES**



### **EGG SHELLS**

This is a controversial subject, but they break up easily and are not heavy so they won't sit in your drain and build up. So go for it!  
**THE CARTON THEY COME IN IS NOT OK**



### **ICE CUBES AND/OR ROCK SALT**

Yes, it makes a horrible noise but ice will beat the rock salt around the blades and will help scrape things off and keep things clean.  
**THIS WILL NOT SHARPEN THE BLADES**

## BAD



### **BONES, FRUIT PITS, SMALL PEBBLES**

Generally speaking if it is something that you can not chew up yourself then it should probably not go into your garbage disposal  
**CAUSES: BLADE DAMAGE AND CLOGS**



### **GREASE, OIL, GREASY FOODS**

Grease and oil do not mix well with water, just ask your mechanic. It hardens when cooled and is very bad for septic systems  
**CAUSES: CLOGS AND GUMS UP BLADES**



### **PASTA OR RICE**

Large quantities of rice and pasta will soak up the water and expand in your pipes

**CAUSES: CLOGS IN THE PIPES**



### **STRINGY VEGETABLES**

Things like celery or asparagus can wrap around the blades and stop them from spinning

**CAUSES: IMPEDE FUNCTIONALITY**



### **VEGETABLE AND FRUIT PEELS**

The exteriors of most fruits and vegetables are harder than you think. A little at a time would be ok but avoid a whole fruit salad  
**CAUSES: BLADE DAMAGE AND CLOGS**



### **OTHER ITEMS TO AVOID**

Stems, Shrimp Shells, Cigarette Butts, Glass, Plastic, Banana Peels, Onion Skins, Nut Shells, Artichokes, Silverware, Rocks, Jewelry, Wood  
**NEVER PUT YOUR HAND IN THE DISPOSAL**