



What Goes Down Garbage Disposals

- Small amounts of leftover food from your plate
- Vegetable peelings

What Does Not Go Down Garbage Disposals

- Anything that is not biodegradable food
- Anything combustible
- Plastic and metal
- Cigarettes and butts
- Bones from any animal
- Hamburger
- Bacon grease or other grease
- Egg shells
- Coffee grounds and tea bags (some say these are not OK)
- Potato skins or large amounts of potato
- Corn cobs or husks, lettuce, asparagus and other fibrous fruits and vegetables
- Pasta and rice

More notes:

- Just remember, whatever you wash down the sink must make it to the road (city pipes). If it is doubtful that a piece of food will get that far without causing a back-up, don't wash it down your sink.
- Anytime you put anything in your disposal, run water for about 30 seconds. This will make sure you get the longest life possible out of your disposal.
- Too much of anything is not good. For example, small amounts of potato peels might be okay, but if you put a lot, you're asking for a repair bill. **This old stand-by is right on: "When it doubt, throw it out."**
- Run ice cubes in the unit as a means of 'cleaning' the unit. The hard ice chips help knock down the scum layers that build up below the seal, and in the grinder wheel.