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Composting Can Protect the Planet

The environmental state of our earth has deteriorated greatly over the past decade. While many people have created ways to help, the environment only continues to decline. These events are happening due to the nature and behaviors of our society that have become normalized over the years. One in particular is the waste we create. Most people have the habit of tossing items in the garbage when we no longer need them, especially food. This food eventually ends up in landfills where it cannot decompose correctly, which contributes to global warming because it releases potent greenhouse gasses into the atmosphere. If we continue to throw our food away we will only add to the problem. One solution is to compost. Composting is one of the leading ways to combat our wasteful nature and any future release of harmful gasses.

The main factor to this problem is our habit to discard food. According to the Environmental Protection Agency, food is the single most common material found in landfills in the United States. They also estimated 35.3 million tons of wasted food went into landfills in 2018. To decrease this, we have the ability to compost. Composting is the process of recycling organic food scraps that break down to create a nutrient rich fertilizer or soil. Composting is simple; instead of returning to the trash when food scraps are no longer wanted, put them in a compost bin. All you need is any organic material, base soil and nature will do the rest. There are multiple ways to compost like placing food materials in a pile, bucket, bin, or other container that is easily accessible for outside or in the yard. Composting is also done with the help of

worms to speed up the decomposition process, but they are not necessary. Other items other than food can also be added to the compost pile like teabags, cardboard, scrunched up paper, leaves, grass clippings, etc. By composting, it decreases our food waste and the amount that ends up in landfills.

With less food in landfills, it can significantly reduce the amount of methane emissions. Not only will it help to decrease our carbon footprint, it provides more benefits. Reported from the US Composting Council, composting also enriches soil, reduces the need and cost of conventional fertilizers, prevents soil erosion, conserves water, and assists in wetland restoration. The list of benefits that composting provides continues and is not limited to those. While many people think that composting only benefits the environment, people also are impacted positively. One of the most common uses for composting is to help grow plants and crops. For example, nutrient rich soil can improve our food quantity and quality. With a better food source and multiple environmental improvements, we can achieve a healthier and more sustainable future with composting.

Composting is something that anyone anywhere can do because of how simple of a process it is. We all have the ability to compost in our backyard or even inside if needed. Most people say they want to help the earth but don't change their ways. So it isn't whether or not we desire to protect the planet but if we choose to. Action needs to be taken now or the effects of global warming and threats will only worsen. Composting is one of those actions because it can reduce the amount of food that ends up in landfills, helping to keep our earth a clean, safe, and happy place to live.