

Can disposable nappies be composted?

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This depends on three things -

1. If your nappy contains naturally compostable materials
 2. What kind of waste is left in the nappy
 3. What kind of composting method you use
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1. If you use an eco-disposable (eg: Bambo Nature, Nature Babycare, Babylove Ecobots, Seventh Generation...) it is much easier to compost them because they contain a large percentage of plant-based materials. The breakdown time is also much less.

2. To compost disposable nappies, solid waste must first be flushed down the toilet as this represents a health risk (this is for the same reason that you can't compost dog/cat faeces). Remove the absorbent eco-padding from inside the nappy and place in your compost bin. The nitrogen from the urine actually helps feed the aerobic bacteria in your compost. (This is the same reason you pee on your corn - a nitrogen hungry plant!) If your eco-disposables use a plant-based outer cover, you can compost that too. It's best to remove the elastic leg guards as these are not easily biodegradable.

NOTE Eco-disposable manufacturers do not recommend that you use the compost from degraded nappies on fruit or vegetable gardens.

3. An enclosed compost bin will decompose nappies faster than an open compost pile.