

| FOOD PARTS                                                                        |                    | EDIBLE or INEDIBLE                                                                 |                                                                                     |
|-----------------------------------------------------------------------------------|--------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|    | NUTS MEG           |    |    |
|                                                                                   | BITTER ALMONDS     |                                                                                    |                                                                                     |
|                                                                                   | MANGO SKIN and PIT |                                                                                    |                                                                                     |
|                                                                                   | ELDER BERRIES      |                                                                                    |                                                                                     |
|                                                                                   | APPLE SEEDS        |                                                                                    |                                                                                     |
|   | RHUBARB SEEDS      |  |   |
|                                                                                   | FRUIT PEELS        |                                                                                    |                                                                                     |
|                                                                                   | VEGETABLES PEELS   |                                                                                    |                                                                                     |
|                                                                                   | EGG SHELLS         |                                                                                    |                                                                                     |
|                                                                                   | BONES              |                                                                                    |                                                                                     |
|   | RINDS              |   |  |
|                                                                                   | PITS               |                                                                                    |                                                                                     |
|                                                                                   | STONES             |                                                                                    |                                                                                     |
|                                                                                   | BANANA PEEL        |                                                                                    |                                                                                     |
|                                                                                   | WATERMELON RIND    |                                                                                    |                                                                                     |
|  | CORN COB           |  |  |
|                                                                                   | COFFEE GROUNDS     |                                                                                    |                                                                                     |
|                                                                                   |                    |                                                                                    |                                                                                     |