

coffee grounds
recycling program



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introduction

a cup of joe goes a long way

Did you know that the average American consumes about 3 cups of coffee a day? That's a lot of used coffee grinds going into the trash.

Guidance Green is announcing an in-house coffee grounds recycling program. Guidance employees and office guests can pick up pre-measured bags of coffee grounds that are being saved and packed by Guidance Green members.



in the garden

- Sprinkle used grounds around plants before rain or watering, for a slow release of nitrogen.
- Add to compost piles to increase nitrogen balance.
- Dilute with water for a gentle, fast-acting liquid fertilizer. Use about a half-pound can of wet grounds in a five-gallon bucket of water and let sit outdoors to achieve ambient temperature.
- Mix into soil for houseplants or vegetable beds .
- Encircle the base of the plant with a coffee and eggshell barrier to repel pests.
- If you are into vermin posting, feed a little bit to your worms to help with your garden.
- Grow mushrooms on old coffee grounds.
- Sprinkle around areas where pesky insects, slugs and snails dwell to drive them away.
- Keep cats from using your garden as a kitty box by spreading used coffee grounds and orange peels throughout flower beds.

beauty & health

- Soften and add shine to your hair with coffee grounds. When washing your hair, rub coffee grounds through wet hair and rinse. For brown hair, coffee grounds add highlights.

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- Use coffee grounds as an exfoliant for skin. Pat on skin, massage, and rinse.
- Add coffee grounds to your skin mask beauty routine. Mix ¼ grinds with one egg white and massage onto face like a mud pack.
- Make homemade tattoos (temporary) with henna and coffee grounds.

in the kitchen

- Deodorize your freezer with coffee grounds. Add a few drops of vanilla to used coffee grounds, put in a bowl and place in the freezer to remove unwanted odors.
- Rub coffee grounds on hands to get rid of smells from chopping or cutting up pungent foods.
- When you need an abrasive cleaner, coffee grounds can be used. Be careful of any surfaces that might stain.

other uses

- Make a used coffee grounds sachet. Fill old nylons or cheesecloth with dry used coffee grounds. Hang in closets to absorb odors.
- Touch up furniture scratches with wet coffee grounds and a cotton swab.
- Got a fireplace? Sprinkle wet coffee grounds over the ashes to keep from becoming engulfed in the plume of dust ashes create when you need to remove them.
- Dye fabric, paper or Easter eggs on coffee grounds. Simply add used coffee grounds to warm water and let sit a bit to create a dye.
- After you give your dog a bath, rub coffee grounds through the coat of your pet as an organic flea dip. Coffee grounds are said to repel fleas.
- Use coffee grounds to repel ants.

Got more tips? Share them with us!

Contact us at green@guidance.com.



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