

WORM CARE GUIDE



1. Keep the lid on the bin to protect the worms from light, to prevent escapes, and to keep flies and other pests out.
2. Keep bedding damp! If bedding gets dry, add water slowly. A layer of damp newspaper, cardboard, or coffee filters on top of the bedding helps seal in moisture.
3. Chop or tear food into small pieces to encourage faster breakdown of materials.
4. Bury food below the top layer of bedding.
5. Try not to overfeed. Check if worms are eating the food they already have, before adding more. (You can freeze excess food scraps for later use.)
6. Keep the bin indoors or in the shade--never in direct sunlight. Ideal temperature is 55-75°F (never below 32°F or above 90°F).
7. Other decomposers (bacteria, fungi, pincher bugs, sow bugs) are a normal part of the worm bin- -especially an outdoor bin!

WORM MENU

Worms **LOVE** to eat:

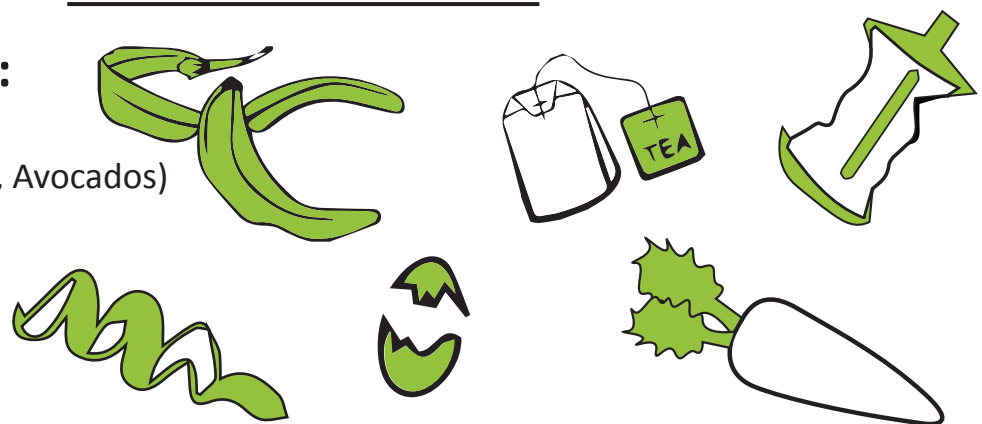
Fruit Pieces & Peels

(Favorites: Bananas, Melons, Avocados)

Vegetable Pieces & Peels

Coffee Grounds, Tea Bags

Egg Shells



Worms **DISLIKE** (but will eat **SMALL** amounts of):

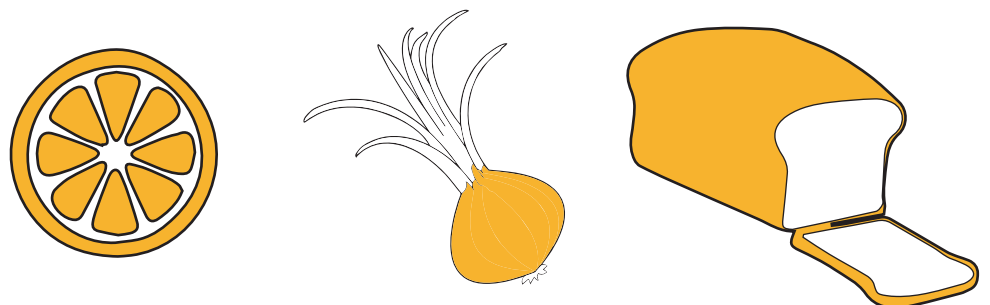
Citrus Pieces & Peels

(Oranges, Lemons, Limes)

Spicy Foods

(Jalapeños, Onions)

Plain Bread, Pasta, Cereal



Worms **SHOULD NOT** eat:

Meat & Fish

Dairy Products

(Milk, Cheese)

Oily & Salty Foods

Glossy/Shiny Paper

