

Feeding Your Worms

- Worms should only be fed once to twice a week as they do not like being disturbed.
- For every pound of worms, add three pounds of food.
- Move the top bedding to the side, add food, and cover. You may need to add fresh bedding.
- Worm will digest food faster if it is soft and cut into small pieces

Food For Worms

- Fruit and vegetable peels
- Coffee grounds
- Eggshells
- Pasta (no sauce)
- Breads and grains (no oil or butter)
- Tea bags
- Paper

Keep Out

- Salty foods
- Citrus
- Spicy peppers
- Oils or anything greasy
- Meat
- Dairy
- Onions or garlic
- Glossy paper
- Excessive acidic food such as tomatoes