

WORM BINS

- **Vermicomposting:** using worms to turn food scraps into fertilizer
- Not all types of worms can compost, red worms or red wigglers work best.
- It is important to keep the soil & food scraps moist
- The worms can eat 1/4-1/2 of their body weight in food per day!



HOW TO:

- Use an opaque plastic or wooden box
- Fill the bin with moist bedding (soil, newspaper shreds, sawdust, peat moss, leaves)
- Feed the worms and keep them moist and warm!
- **Tip:** Feed the worms in different areas of the box and cover the food with bedding.



<https://www.redwormcomposting.com/quick-facts-about-worm-composting/>
<https://kids.niehs.nih.gov/topics/reduce/vermicomposting>

What can I eat?



YES

- Vegetable & fruit scraps
- Eggshells
- Coffee grounds & filters
- Bread
- Newspaper
- Cardboard

NO

- Meat
- Fish
- lots of Citrus
- Pet waste
- Oil
- Dairy