


How to feed your worms

HOW TO FEED YOUR WORMS

WORMS LIKE TO EAT THESE FOODS	WORMS DO NOT LIKE TO EAT THESE FOODS
<p>Greens: Most fruit and vegetable scraps Teabags Coffee grounds Broken-up eggshells Garden scraps</p> <p>Browns: Dry leaves Shredded newspaper Shredded eggshell cartons Brown paper towel or napkins</p>	<p>Citrus fruit Meat and bones Food cooked in oil or butter Baked goods Whole eggs Dairy products (cheese, yogurt, etc.) Plastics</p> 

If worms are crawling out of your bin, they are not happy with their habitat. Here are some questions to ask:



Is it too wet?	Add more paper and leave the lid off for a couple of hours.
Is it too dry?	Spray in a bit of water.
Is there lots of mould?	Worms are getting too much food! Cut down on feedings.
Is the bin more than half full of castings (worm poop)?	Time for a bin changeover!
Is the bin too hot?	Make sure it's not in direct sunlight.
Is the bin smelly?	Oops! Food from the "do NOT like" list may have been added.



This lesson plan was produced by the Canada Agriculture and Food Museum.

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