



Put food scraps in a worm bin or compost pile!

Items for worm bin or compost

Worms like:

Coffee grinds (& filters!)



Food scraps from kitchen (Fruit/Veggies)

Shredded Paper



Coconut Coir



Leaves



Crushed Egg Shells



Fruit & Veggies

(Limited grains/bread)

Worm's don't like



Citrus Peels



Onions



Garlic



Pine Needles



Meat & Dairy Products



Salad Dressing