



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