

# WHAT TO FEED YOUR WORMS:



## Yummy!

## Yucky!



*Anything green - especially the leafy stuff!*

*Citrus - no orange, lemon or lime*



*Fruits*

*Fats, Oils, Salad dressing*




*Vegetables*

*Breads & Cereals - can attract gnats*



*Coffee grounds & filters*

*Salts - no seasoned food*



*Tea bags*

*Meat - creates odors*



*Brown Paper, Black & White newspaper*

*Sugars - no processed food*



*Eggshells - crushed; adds calcium*

*Garlic, Onions - creates odors*

