Can I feed this to my worms?



YES!

- Green leafy veggies
- Fruits
- Vegetables
- Coffee grounds and Filters
- Tea bags
- Newspaper, brown paper
- Eggshells - adds calcium

NO!



- No citrus like oranges, lemons
- Oils, fats or salad dressings
- Breads and cereal can attract pests
- No salts or seasoned foods
- No meats - too smelly
- No sugary or processed foods
- No garlic or onions - too smelly