



WORM FOOD

FEED ANY TIME

Fruit & veggie scraps
Coffee grounds
& tea bags
Tissues & paper towels
Hair & fur
Vacuum cleaner fluff
(natural carpets)
Egg shells
Manure & bedding from
small animals e.g.
chickens, rabbits, mice etc
Dry lawn clippings

IN MODERATION

Bones, meat and dairy
Citrus
Onions & garlic
Tomatoes
Spicy food
Bread & pasta
Fresh green lawn clippings
Cooked foods

DON'T FEED

Oils & fats
Cat or dog faeces
Liquid (e.g. soup)
Processed foods
e.g. chips, sweets,
tinned foods