



WHAT WORMS CAN AND CANNOT EAT

Here are somethings worms can eat: Leftover vegetablescraps, fruit, vegetable peelings, tea leaves / bags, coffee grounds, Torn up newspapers, egg cartons or soaked pizza cartons and Crushed egg shell.

Here are somethings worms can not eat:Spicy foods, onion, garlic, meat, milk products, cooked or processed food, oils, liquids such as soap, citrus food and acidic food.

