**What can Red Wigglers Eat?**

Just like humans, Red Wigglers thrive on a nutritionally balanced diet. Cut everything into small pieces or blend. This will speed up digestion, allowing the worms to process more food in less time.

**Perfect Worm Food** (Rinse well whenever possible.)

Fruit – Raw (non-citrus only)

Apples Banana Cherry Grapes Peach Pear

Pumpkin Strawberry Tomato Mango Watermelon

Vegetables - Raw

Beans Broccoli Cabbage Carrots Celery Corn Cucumbers Greens Lettuce Spinach

Starchy Foods

The presence of starches can encourage annoying gnats to move into the worm composting bin.

Bread Pasta Pizza Crust Potato Rice

Other Things

Cardboard Paper Egg Cartons Coffee Grounds

Crushed Egg Shells (occasionally for grit)

Tea Bags (without the staple)

Shredded junk mail, envelopes and newspaper

**DO NOT FEED TO WORMS!!!**

Citrus Fruits/Peels

**The high content of citrus fruits can prove harmful to your worm colony. The peels of citrus fruits also contain**

**d-limonene, a chemical that is sometimes used for insect control and can harm the worms.**

Non-Biodegradable Materials

Metals, foils, plastic will never break down.

Meats, Fish & Bones

The protein in these products tends to create strong odors. This will attract all sorts of unwelcome visitors.

Eggs

Crushed egg shells are okay but eggs themselves are not. Just like meat, the breakdown of protein in eggs cause strong odors

and attract pests.

Dairy Products

Decomposing dairy products will create the same strong odors as meat and eggs and attract creatures you do not want around.

Spicy, Salty, Greasy or Fatty Foods

Composting worms have trouble digesting these foods, and they may die or leave the worm bin.

Pet Waste

Pet feces often contain dangerous pathogens that you do not want in your worm composting bins. It may also contain traces of de-worming medications that can harm your worms.