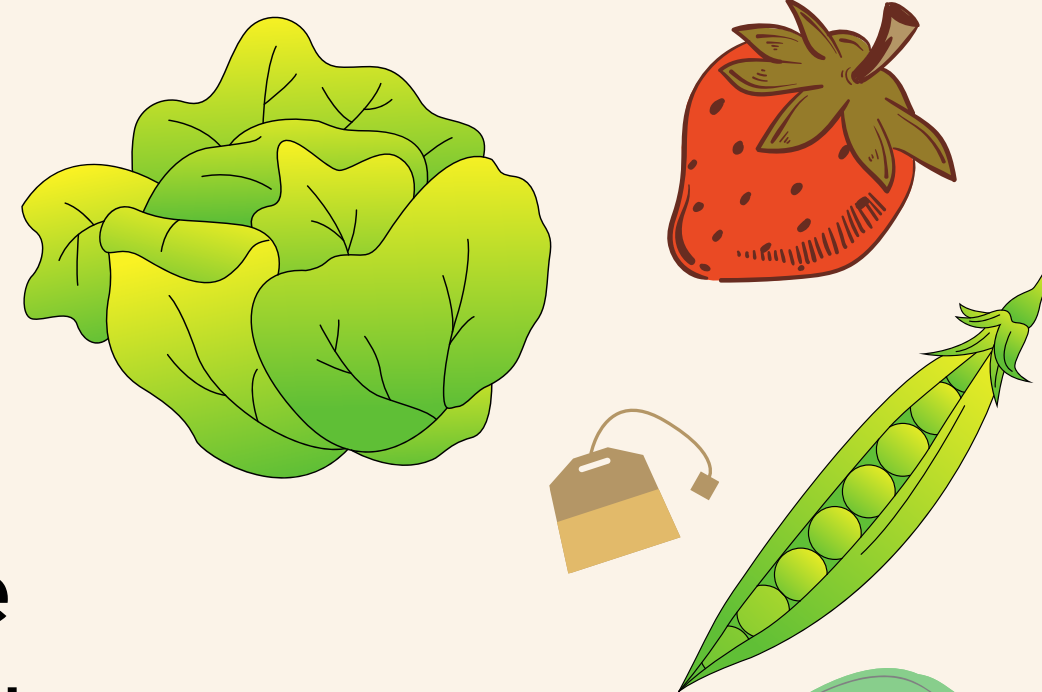


# What to feed your worm farm



Having a worm farm is a great way to reduce our food waste. On average, worm farms will eat 3-4kg of kitchen waste every week!

This guide highlights what types of scraps we can feed our worm farm, and what to avoid.

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## Fruit and vegetable scraps & egg shells

Worms love fruit and vegetable scraps, as well as egg shells! (Note: ensure egg shells are crushed).

However, fruit and vegetables that should be avoided include citrus pulp, chili, onion and garlic.

## Coffee grounds, filters and tea bags

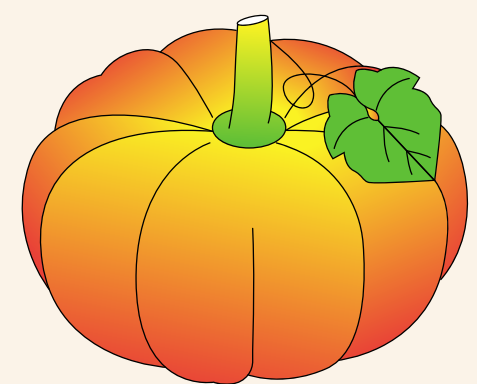
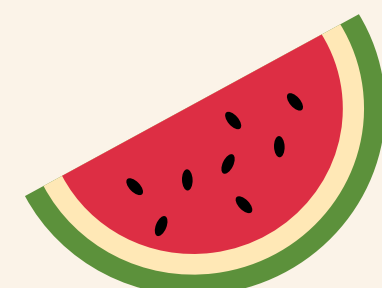
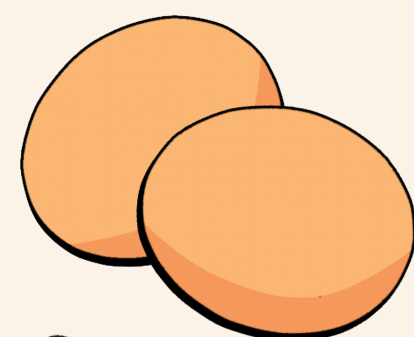
Ground coffee, coffee filter paper, tea bags and tea leaves are great for worm farms.

## Brown paper, black and white newspaper

If you tear up brown paper and black and white newspapers, they are good for worm farms. It is important to ensure that paper is not glossy as it might contain toxic heavy metals!

## Anything green!

Green matter ranging from plant prunings to leafy vegetables and grass clippings will be great for your worm farm.



# What NOT to feed your worm farm

Owning a worm farm comes with responsibility to take good care of our worms and understand the foods that are harmful to them, as well as what they like.

This guide highlights what types of scraps we must not feed our worms.

- Citrus and acidic fruit skin
- Spicy foods, onion, garlic, leeks, capsicums
- Meat and dairy products
- Bread, pasta and processed wheat products
- Shiny paper
- Fats and oils

