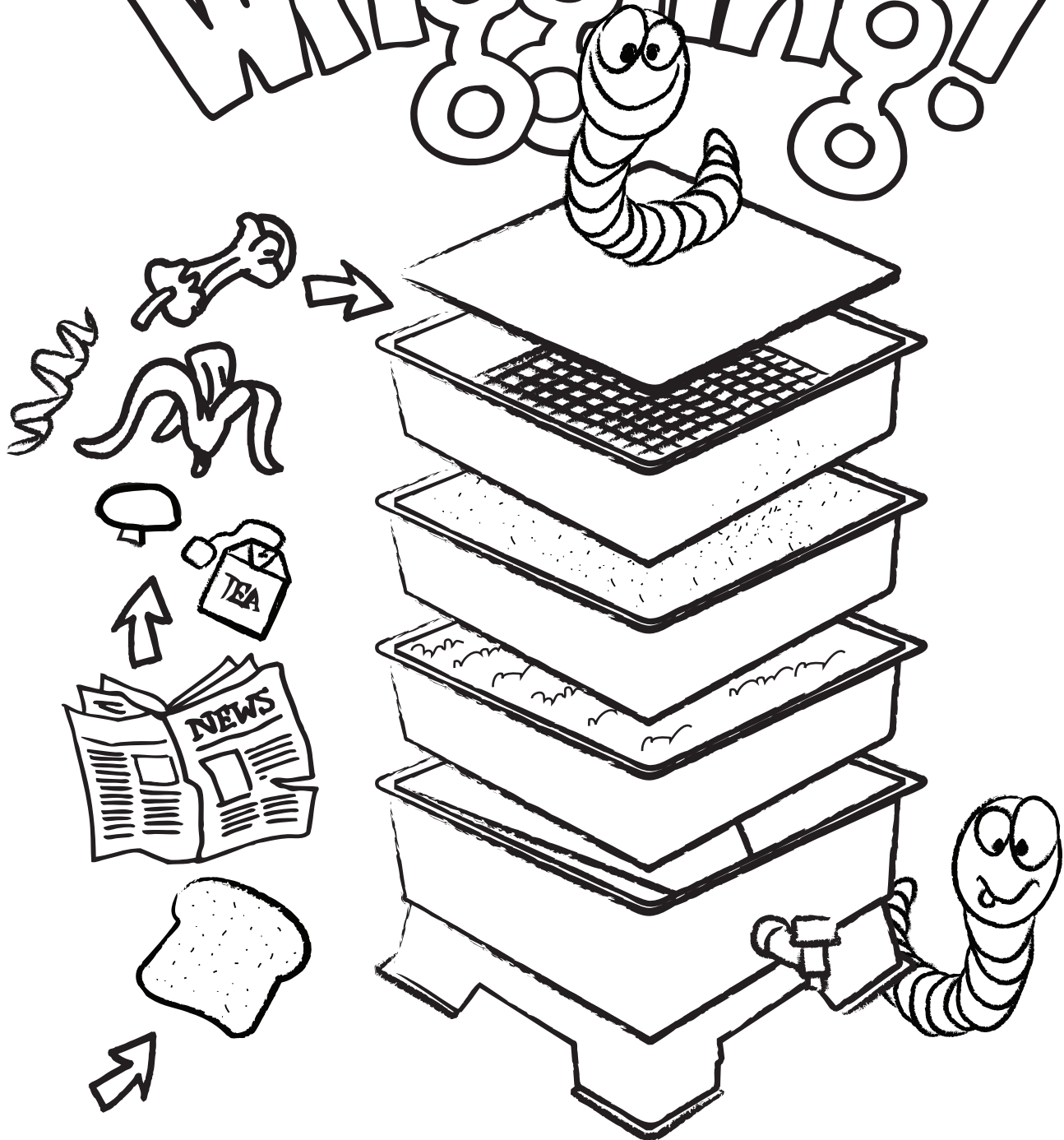


Get your worms Wriggling!



A FEAST FIT FOR A WORM...

These are the things that worms love to gobble down - vegetable and fruit peelings, pulp from the juicer, tea bags, crushed egg shells, bread and small amounts of soiled paper and cardboard (such as shredded egg cartons). Smaller scraps are easier and quicker to digest so blend your scraps with water before feeding your worms. Worms least favourite foods are dairy products, butter and cheese, meat, fish, fat and bones, very oily foods and citrus, onion and garlic.