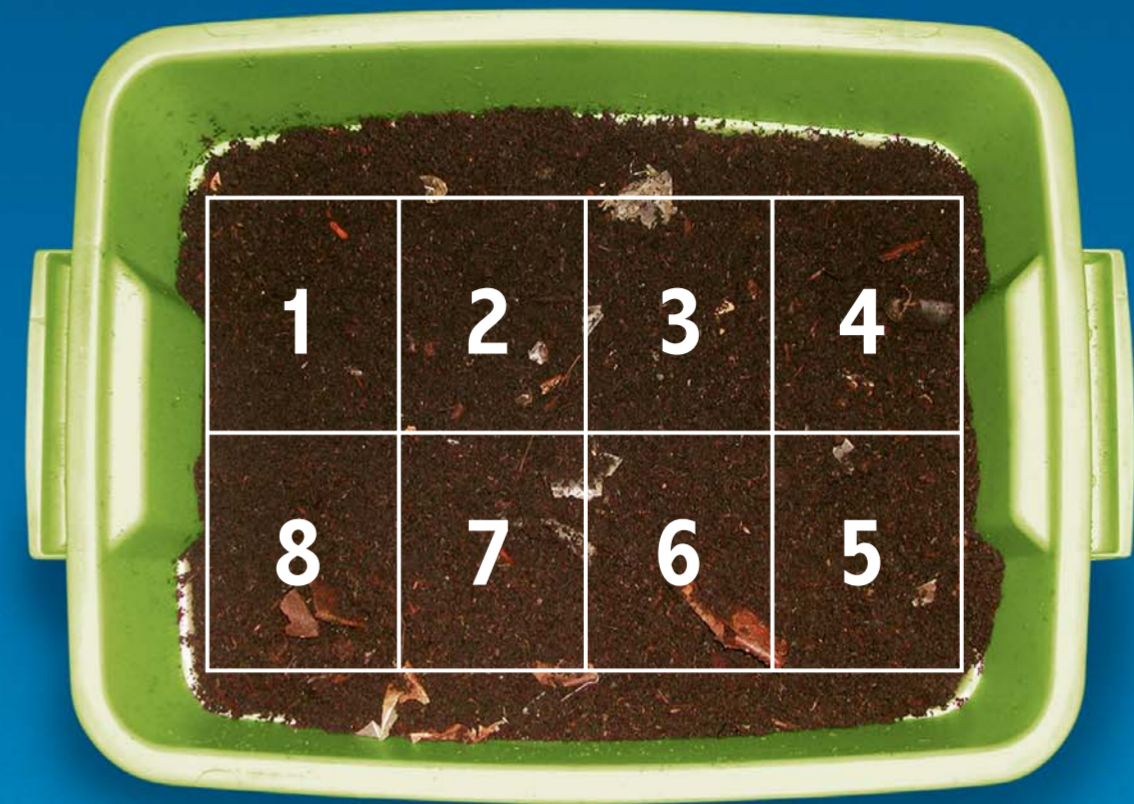


VERMICOMPOSTING WORM FEEDING SCHEDULE

HOW TO FEED YOUR WORMS:

1. Find the feeding marker.
2. Dig down and take a peek to see if the last feeding is almost gone.
3. Go to the next space and dig down to the bottom of the bin.
4. Add the food to the bottom of the bin.
5. Cover the food with bedding.
6. Move the marker to the new feeding spot.
7. Wash your hands.



** Use a dry-erase marker to assign names to the days you will feed your worms.*

MONTH _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



WHAT DOES SUPERWORM EAT?

YES FOODS



Fruit and vegetable scraps



Plant trimmings



Coffee grounds, filters and tea bags



Paper products (limited)

NO FOODS



Meat



Dairy products



Fish



Oils and fats

Get to  at School

mmsb.nl.ca



REDUCE • REUSE • RECYCLE