

What Foods Should You Feed Your Worms?



Fruits



Vegetables



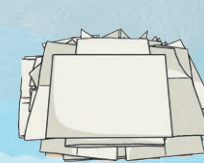
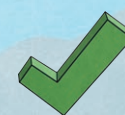
Coffee grounds



Tea bags



Egg shells



Shredded paper



Citrus fruits



Onions, capsicums, leeks and garlic



Meat



Dairy products



Pasta and cereals



Shiny, coated paper

