**What should I feed them?** The following types of food are acceptable for feeding worms**.** Note: Chopping food items into small pieces (1⁄2 to 1 inch or smaller) ensures faster breakdown by microorganisms.

Fruit and vegetable scraps and peels.Potatoes peels are okay, but worms tend to avoid them.

Eggshells or other source of grit.These should be ground or pulverized.

Coffee grounds, filters, and tea bags with staples removed.You can mix them into the worm bin at any time.

* Plain cereal, bread, and pasta**.** Use small amounts only, as they tend
* to clump up. Be sure to wet them first.
* Dryer lint (natural fibers only, such as cotton, linen, or wool).Lint
* provides the “fabric” for air circulation.
* **Food items that are NOT acceptable**   The foods in the list below
* are not appropriate to feed the worms because they attract pests, can be
* toxic to worms, or create unpleasant odors.

Meat, poultry, or fish (bones, skin, or drippings). These develop odors and easily attract other pests.

* Oils (such as butter, salad dressing, or mayonnaise).These
* smother worms (they breathe through their skin).
* Dairy products.These products may cause anaerobic conditions and
* odors.
* Highly acidic or spicy foods, such as citrus (especially peels) or
* onions.These may produce acidic conditions and may be toxic to
* worms.
* Pet feces. pests that are not beneficial to worms or to the final compost
* product.  The guideline for vermicomposting is:
* **When in doubt, leave** **it out!**

**Bedding** Shredded paper absorbs moisture, provides a place for the worms to live, and covers the food scraps. Newspaper torn into one-inch wide strips or shredded mechanically is the most common source of bedding. Because worms breathe through their skin, bedding materials should be consistently moist in order to create a comfortable habitat for your worms.

Therefore, moisten the shredded newspaper with water and mix around until all paper is evenly damp, like a wrung out sponge. Paper should not drip water when squeezed. Other materials you can add include sand, soil, egg shells, and saw dust.

Worms will eat both the food and the bedding. Add more bedding to the bin to as needed to keep the food scraps covered and to absorb excess moisture. If your bedding seems dry, add more water with a plant mister or watering can or add more food scraps.

**The Parentage of bedding/food scrapes/other is about 60/30/10.**