



What Can I Compost in My Worm Bin?

You can compost more than just fruit and veggie scraps in your worm bin! The list below is fairly comprehensive – but you can always experiment! Just avoid the things in the “Do Not Feed” category below.

Additional tips for feeding your worms:

- Some things you may want to cut up or shred so they break down faster.
- Be aware of not feeding your worms too much
- Maintain enough bedding to cover your food scraps and allow for air flow

Worm Food

Fruit scraps, peels, rotted
Vegetable scraps, peels, rotted
Tea bags/loose tea
Coffee grounds and filters
Mushrooms
Beans/legumes
Melon rinds
Corn cobs
Seeds/pits
Egg shells
Breads
Baked goods
Flour
Cooked grains (rice, pasta, oatmeal)
Herbs and spices
Flowers
Nail clippings
Dustpan sweepings
Hair (human and pet)
Dustpan sweepings
Q-tips (cardboard sticks)
Leftovers – as long as not oily or salty

Worm Bedding

Newspaper
Shredded paper
Crumbled leaves
Shredded egg cartons
Tissues
Paper napkins
Paper towels and roll tubes
Toilet paper roll tubes
Peat moss
Coconut fiber (Coir)
Wood chips
Hay
Dried grass clippings
Corn husks
Dryer lint

Do NOT Feed Your Worms:

Meat or bones
Grease/fat/oil
Salt/salty foods
Dairy products
Pet or human feces
Heavily colored paper
Plywood
Particle board
Treated wood
Non-organics (glass, plastic, metal)
Colored newsprint
Diseased plants
Fireplace Ash

COMPOST

Make dirt, not waste.

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