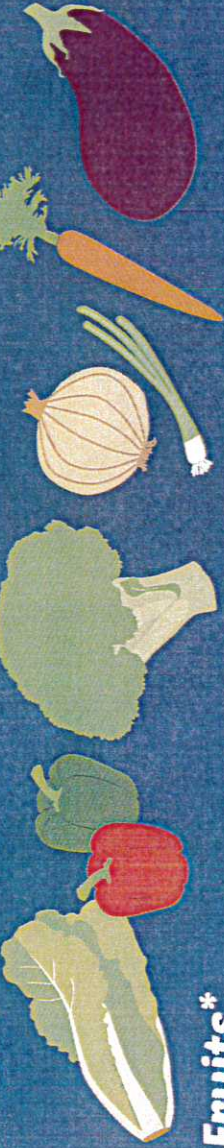


# Add to your worm bin



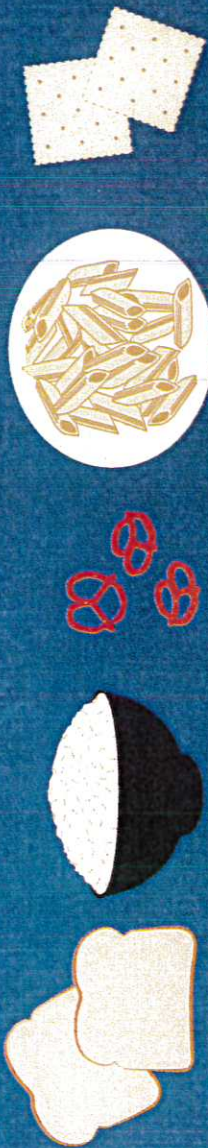
## Vegetables\*



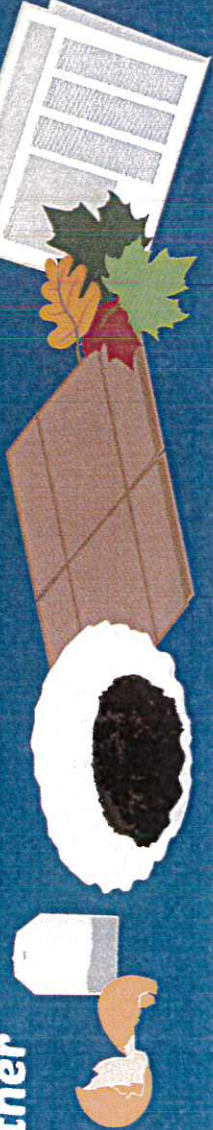
## Fruits\*



## Grains



## Other



# Avoid



## Meat



## Dairy



## Grease



## Sugar



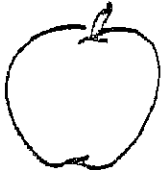

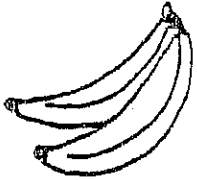
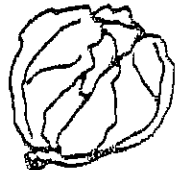




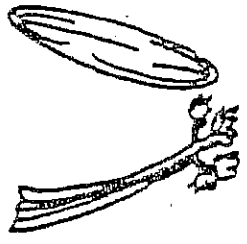

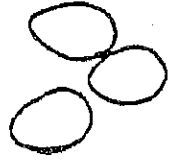


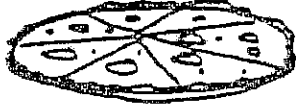



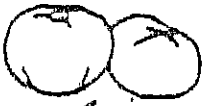

Go easy when adding acidic things like citrus peels and coffee grounds. \* Don't add pits and corn cobs—they're too hard.



[piercecountywa.org/compost](http://piercecountywa.org/compost)

# VARIETY OF FOOD WASTE FED TO WORMS

Plants = Yes . Animals = No

	Apples	Grits	
	Apple Peels	Lemon *	
	Baked Beans	Lettuce	
	Banana Peels	Malto-Meal	
	Biscuits	Molasses	
	Cabbage	Oatmeal	
	Cake	Onion Peel	
	Celery	Orange Peel *	
	Cereal	Pancakes	
	Cheese	Pears	
	Corn Bread	Pineapple	
	*Cream Cheese	Pineapple Rind	
	Cream of Wheat	Pizza Crust	
	Cucumber	Potatoes	
	<del>Deviled Eggs</del>	Potato Salad	
	Egg Shells	Ralston	
	Farina	Tea Leaves	
	* Grapefruit Peels	Tomatoes	
		Turnip Leaves	