

# Worm Care

*Just like you and me, worms need a comfortable home and nutritious food to eat.*

## Moisture:

Worms breathe through their skin, and their environment needs to be moist but not too wet.

If it's too wet, worms can drown.  
Too dry and they can't move around or breathe easily.



## Worms Like:



- Most fruits
- Most veges
- Paper and Cardboard
- Old flowers
- Fallen leaves
- Egg shells (crushed)
- Coffee grounds and tea bags

## Worms Don't Like:



- Citrus fruits (lemons, mandarins, oranges etc)
- Onion, garlic or chilli
- Bread
- Meat
- Dairy products (milk, yoghurt, cheese etc)

## Temperature:

Worms like a comfortable temperature. Remember that their home can get hot if it's in direct sunlight, and it can get very cold in winter. Most worm farms need a Winter spot and a summer spot to keep the temperature in the right range.

