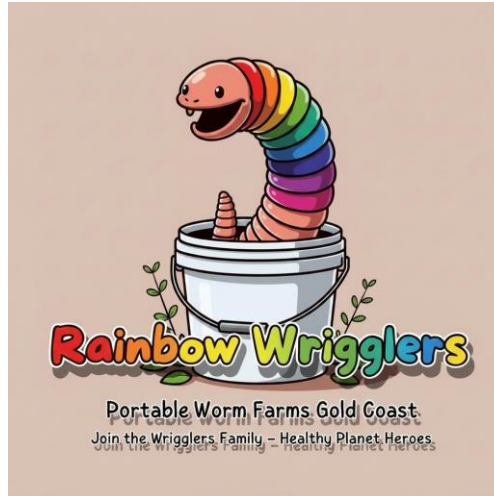




## Rainbow Wrigglers Worm Menu - What Makes Your Worms Happy!

### YES PLEASE! Worms Go Absolutely Wild For These

-  Banana peels, apple cores, melon rinds, carrot tops
  -  Lettuce, spinach, zucchini, pumpkin scraps
  -  Coffee grounds & tea bags (paper filters are fine)
-  Crushed eggshells (great for strong worms and healthy soil)
-  Shredded newspaper, cardboard & paper (your bedding heroes)
  -  Fresh garden clippings (no pesticides or sprays)

### Pro Tip from the Founder

**Chop your scraps small, bury them, then cover with a good layer of coconut fibre + newspaper. This keeps everything smelling fresh and fly-free — exactly how my farms stay perfect after 6+ months!”**

### NO THANK YOU! Keep These Away From Your Wiggly Friends

-  Meat, fish, bones, or dairy (cheese, milk, yoghurt)
-  Citrus, onion, garlic, chilli or very spicy foods
-  Oily, greasy or processed takeaway foods
  -  Pet waste or diseased plants
  - Too much bread or cooked food

## Cardboard – What You Can and Cannot Feed

Cardboard is one of the best bedding materials for worm farms because they are carbon-rich and helps absorb moisture. However, **not all cardboard is safe.**

### ✅ YES – Safe Cardboard (Great for Worms)

| Type of Cardboard                     | Safe?     | Notes                                           |
|---------------------------------------|-----------|-------------------------------------------------|
| Plain brown cardboard boxes           | Excellent | Best choice. Remove all tape and staples first. |
| Corrugated cardboard (the wavy layer) | Excellent | Worms love this. Tear or shred it.              |
| Plain cardboard egg cartons           | Good      | Very safe and easy to tear.                     |
| Toilet paper / paper towel rolls      | Good      | Excellent bedding.                              |
| Plain pizza boxes (no grease)         | Okay      | Only the clean parts. Avoid greasy sections.    |

### ❌ NO – Cardboard to Avoid

| Type of Cardboard                     | Why It's Bad                                   | Recommendation                    |
|---------------------------------------|------------------------------------------------|-----------------------------------|
| Glossy or shiny cardboard             | Contains plastic coating and heavy metals      | Avoid completely                  |
| Heavily printed or coloured cardboard | Inks can contain toxic chemicals               | Avoid or use very sparingly       |
| Cardboard with plastic or wax coating | Plastic does not break down and can harm worms | Avoid                             |
| Cardboard used for chemicals or paint | Toxic residues                                 | Never use                         |
| Cardboard with lots of tape or glue   | Glue and tape are not worm-friendly            | Remove all tape and staples first |
| Coloured or glossy magazines / flyers | High ink content                               | Avoid                             |

### Golden Rule

**When in doubt, leave it out! Your worms will thank you with beautiful castings and plenty of Liquid Gold.**