

HOW OFTEN TO FEED YOUR WORMS



Not sure how often to feed your indoor compost worms? Here is your quick guide on what to consider!

MEASURE THEIR FOOD

When you first purchase your worms start slow and pre-measure the food you give them. Only feed them enough to feed them for two days a time.



EXPERIMENT WITH DIFFERENT FOODS

Worms like some foods more than others. If you feed them foods that they love, you will need to feed your worms more often until you get the mixture correct.

AVOID UNPLEASANT FOODS

Foods like onions, garlic, and acidic foods like citrus and tomatoes are not pleasant for indoor compost worms. Avoid these foods in your worm food.



PREPARING THEIR FOOD

Chopping, blending, and freezing worm food allows them to eat food faster. Your worms don't have teeth and the more you process the food, the easier it is for your worms to eat it.

CHECK IN TWO DAYS

Only feed your worms what they can eat within two days. Overfeeding can lead to excess moisture, increased temperature, and a die-off of your bin.

