

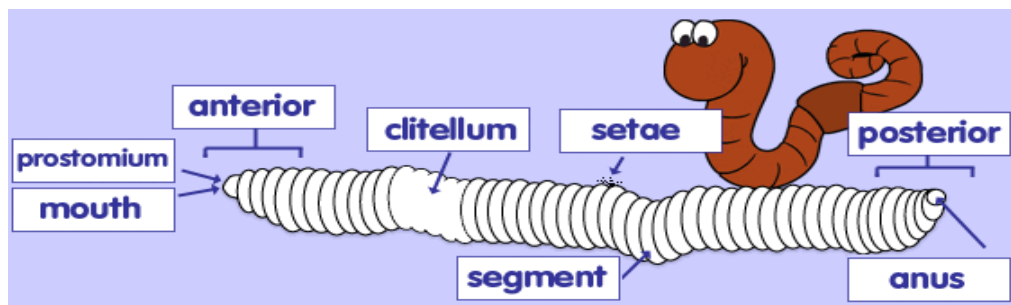


Spring has arrived! Which means Spring Break is just around the corner. The worms will enjoy Spring Break with the following:

- 1) Sufficient food (an ice cream bucket)
- 2) Enough air—making sure the bin is well fluffed the last day before Spring Break
- 3) Enough moisture so they do not dry out
- 4) 1/4 Cup of sand

## How does a worm eat?

Worms use a prostomium (small, pad of flesh that sticks out above its mouth). This pad will stretch out and look for food when the worm is hungry. Once the prostomium finds something it places the food into the worm's mouth and closes over the piece of the food.



Worms have no teeth. The sand and dirt they eat act as their teeth by grinding up the food pieces in their gizzard. The muscles and the sand in the gizzard act as the worm's teeth and grind the food into smaller and smaller pieces.

Next the tiny pieces of food pass through the worm's digestive tract. This is a canal where the food is further broken down into nutrients by gastric juices (stomach acid). The nutrients are then absorbed into the bloodstream and any remaining nutrients and food particles are expelled from the worm. The waste material is called a casting!

## How long does a Red Wiggler live?

In the wild, red wigglers rarely make it past a year old. In a well maintained worm bin red wigglers can live as long as 8 years!



I eat half my body weight in food a day if my worm bin is kept in ideal

# REAPS READER



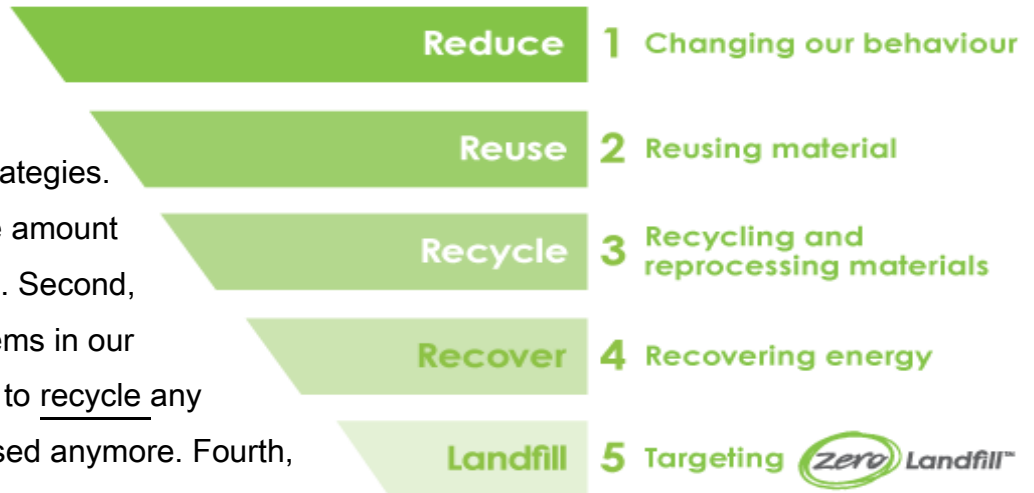
Have you helped the environment today?

Reduce Recycle Reuse

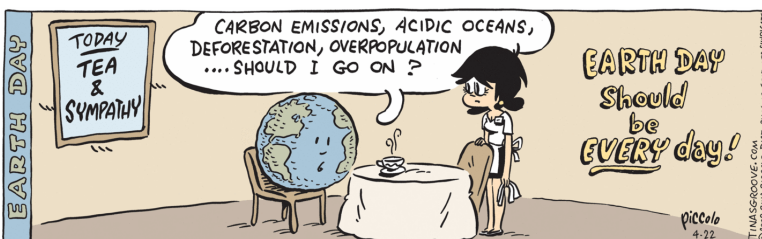
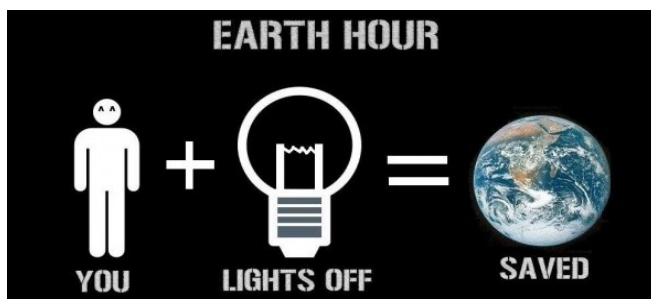
## Do you know what the waste reduction hierarchy is?



The waste reduction hierarchy is used to help us with waste management strategies. First, we want to reduce the amount of things we are purchasing. Second, we want to reuse current items in our possession. Third, we want to recycle any material that cannot be reused anymore. Fourth, we want to recover any energy from the breakdown of items in the landfill. Lastly, anything that cannot be reused or recycled will be put into the landfill. We try to avoid to last option if possible. So before anything is thrown into your garbage can think through these steps!



8:30 PM -9:30 PM on Saturday, March 24, 2018 is Earth hour. Don't forget to turn off all electricity!



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