



Hello, welcome back to another exciting school year! We know our Red Wiggler worms can't wait to get back into the classroom to meet new friends this year. For everyone taking part in the REAPS Adopt-A-Worm program we are so excited for all the fun you will have feeding, watching and learning about vermicomposting and worms. There will be some hands-on learning with the worms, along with presentations and monthly check-ins from The Worm Lady at REAPS.

ver·mi·com·post·ing

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What does this big word mean?! Vermicomposting is when you use worms to transform your food waste into valuable soil called "castings." This process is a super good way to help the environment since it keeps waste out of the landfill, uses up your leftover food scraps, and makes nutrient-rich soil to help feed plants!

What is in the worm bin?

Bedding: Worms like a comfortable place to live. They like their bedding to be made of shredded paper, which is soft and fluffy.

Sand: A scoop of sand is included in the worm bin because worms use sand in their digestive system to help grind up their food. This process happens in their gizzard.

Food: A comfy home always includes good food! Worms need about half a kilogram of food a week. Check out the right-hand side of this page to learn more about what types of food worms like.

Worms: Of course, a worm bin needs worms! Red Wigglers are the best type of worm for a worm bin because they like to eat our lunch leftovers.

How do you care for your bin?

Oxygen: Worms breath through their skin, so it is important to fluff their bedding to make sure they get enough oxygen.

Moisture: To keep your worms comfy, make sure their bedding is damp like a wrung out sponge—not too dry, not too wet!

Light: Worms are photosensitive, which means they are very sensitive to light. They like to keep their home dark, so make sure to keep the lid on your worm bin at all times.

Temperature: Worms are most comfortable at room temp, but can tolerate 4°C–29°C.

What do worms like to eat?

Yummy!	Yucky!
 <p>Anything green - especially the leafy stuff?</p>	 <p>Citrus - no orange, lemon or lime</p>
 <p>Fruits</p>	 <p>Fats, Oils, Salad dressing</p>
 <p>Vegetables</p>	 <p>Breads & Cereals - can attract gnats</p>
 <p>Coffee grounds & filters</p>	 <p>Salts - no seasoned food</p>
 <p>Tea bags</p>	 <p>Meat - creates odors</p>
 <p>Brown Paper, Black & White newspaper</p>	 <p>Sugars - no processed food</p>

Send any questions, art or inquiries to:
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 Ph: 250-561-7327 or email: thewormlady@reaps.org

REAPS READER



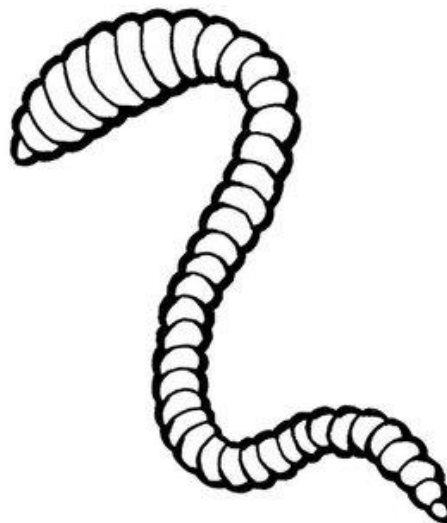
Have you helped the environment today?

Have a look at some of the other school programs offered by REAPS. With over 30 fun presentations (Zoom, in classroom, or PowerPoint) to choose from!

- ◆ Ads Add up
- ◆ Are You Wasting Your Waste
- ◆ Box City
- ◆ Buyer's Choice
- ◆ Classroom Trash
- ◆ Climate Change
- ◆ Composting in a Jar
- ◆ Cycles and Recycles
- ◆ Cycles in Nature
- ◆ Dumpy
- ◆ Eco Logic
- ◆ Electronics
- ◆ Ellie and Plastics
- ◆ Energy
- ◆ Famous Environmentalists
- ◆ Food Energy
- ◆ Food for Thought
- ◆ Freshwater
- ◆ H2Ozone
- ◆ Hazardous Routes
- ◆ Invasive Species
- ◆ Litter Hunt
- ◆ Our Natural Resources
- ◆ Plants & Gardening
- ◆ Pollution Solution
- ◆ Pond & Nature Study
- ◆ There is No Away
- ◆ Trash or Treasure
- ◆ Wants & Needs
- ◆ ...AND MANY MORE

Important Dates to Remember!

- Sept 1-5:** Zero Waste Week
- Sept 5:** Amazon Rainforest Day
- Sept 16:** International Day for the preservation of the Ozone layer
- Sept 18:** World Water Monitoring Day
- Sept 21:** World Cleanup Day
Zero Emissions Day
- Sept 22:** Car Free Day
- Sept 26:** World Environmental Health Day
- Sept 27:** World Rivers Day
- Sept 28:** Green Consumer Day



How can you help the environment?

Let's take a few minutes to brainstorm some ways that we can help the environment:

- ◆ By yourself (your own actions)
- ◆ As a family
- ◆ As a classroom
- ◆ As a school
- ◆ As a community

Once you've thought of a couple of ways to reduce waste and help the environment, share your ideas with a classmate. Did you think of the same ideas? Which one do you think is the easiest to start doing? When can you start?

Red Wiggler

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