

Hello, and Happy New Year! We hope that you and your worms had a fantastic holiday and that you did not forget to check on your worms when you returned. The worms are looking forward to seeing you and your lunch! Remember if you have any question or are having any problems with your worms the Worm Lady is only a phone call away!

What's a worms favourite food? Worm Digestion

You may be wondering by now what's your worms ' favourite food? Worms love all sorts of foods. You may have already notice in your bin that some foods disappear faster than others.

Worms, like us have favourite foods, foods they don't mind eating, then foods they don't like. A worms favourite food is cake! Worms love to eat cake, only if you scrape off the icing though but be careful not to feed them too much or else they'll get sick. Some other foods worms **really love are:**

- Melon rinds
- Egg shells
- Lettuce
- Shredded paper (their bedding)

Foods that worms tolerate

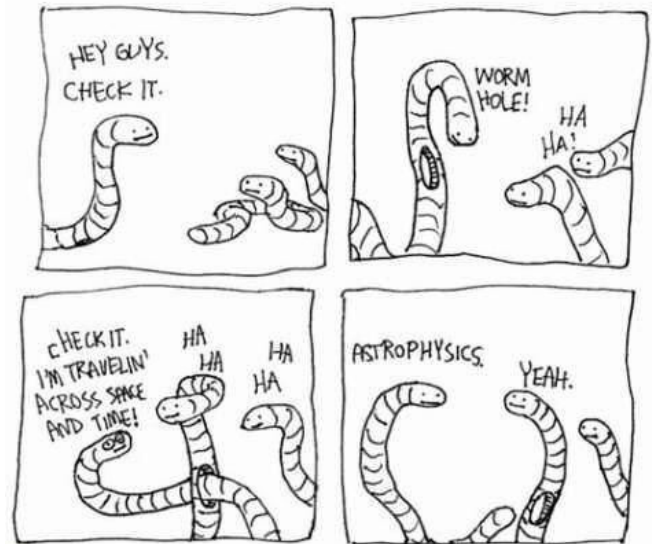
- Citrus peels
- Onion peels
- Garlic

Do not feed:

- Meat
- Junk food (chips, candy, etc)
- Oils or grease
- Dairy products



As you may know worms don't have teeth, so how do they eat? Just like a bird worms have gizzards. A gizzard acts like a food processor. As they eat grains of sand and food entres their gizzard. The sand and the soil grind against each other with the food causing is to be grinded into tiny pieces. Once the food has by ground into tiny pieces it then leaves the gizzard and then travels to the intestine where the food is dissolved and goes into the blood stream.



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Send any questions, art or inquiries to:
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