



Recycling and
Environmental
Action
Planning
Society

Greening Your Office

Tips by Email

Attention: **Office Staff**

From: **Sarina @ REAPS**

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GREEN TIP #3:

Start a Vermicompost in the Office!

Vermicomposting is a clean easy way to compost lunchroom food scraps and cycle them into valuable nutrients for your office plants or for any garden.

Here's how to start a vermicompost bin:

1. **Collect 2 garbage bags of shredded office paper** or newspaper (only black and white ink)
2. **Set out a large bucket of tap water** overnight (to allow chlorine to dissipate)
3. **Buy 1lb of Red Wiggler earthworms** (\$35/lb at N. Worm Ranch: 250 560 5718)
4. **Buy/collect a flat plastic bin** (Rubbermaid-type) with a lid and drill holes in the lid and on the bottom.
5. **Collect a cup of sand** (grit for the worms' gizzards)
6. **Collect Food Waste** (set out a sealed container in your lunchroom and label it)
7. **Set up your vermicompost bin:** Set your holed bin on four blocks or tuna cans on a boot-tray or old cookie sheet. Grab shredded paper by the handful, dip it quickly into the water, and add it to your holed bin until the bin is 3/4 full. Add the sand; add the worms; add the food waste.
8. **Maintenance:** Turn the bin once a week and make sure food waste is buried when you add it. Maintain bin at the moisture of a wrung out sponge (if the bin is too dry, add water; if the bin is too wet, leave the lid off/offset for a few days to air it out).
9. **Troubleshooting/More Information:** Contact REAPS or see our webpage: <http://www.reaps.org/CompostingWorms.html>



Add these items:

Fruit and Veggie peels
Small amounts of citrus and tomato
Egg Shells
Tea Bags
Coffee grounds and filters
Plant clippings



Avoid these items:

Too much citrus and tomato (acidic)
Garlic and onion
Any starches or cooked food
Meat
Dairy
Oils

Any Questions or Suggestions? Call or Email us! 250 561 7327 or Green_solutions@reaps.org

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