



Shredded, moist, black & white newspaper

Cut food scraps

Red Wigglers

Coir bedding

Wiggly Worm cardboard

For home-made bins, replace with dirt and shredded newspaper mix

If you are setting up an Wiggly Worm Bin, first soak the block of Coir in a bucket of warm water for about 30 minutes until it expands and breaks apart.