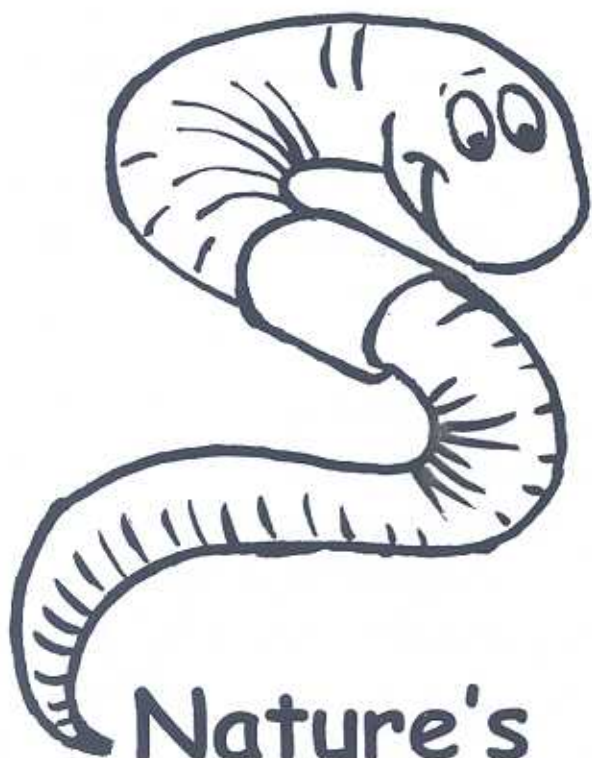


Worms



Nature's Composters

An Activity & Coloring
Book for Children

Did you know that worms can actually recycle your garbage? It's true! Worms are great at recycling leftover food and fruit & vegetable scraps. It's easy! The worms will eat the food you provide for them and turn it into a wonderful material called compost. The compost provides nutrients that plants and flowers need to grow big, strong and healthy.

Did you know that the average person throws away 4 pounds of trash everyday? That's a lot of trash! You can help reduce the amount of trash you throw away by starting your own worm bin. The worms will eat your garbage and turn it into compost.

This booklet will tell you how to start your very own worm bin. By doing the activities in this book, you will also learn more about worms and how important they are to the Earth.



WHY START A WORM BIN AT HOME?

Because worms make great pets! They are clean, quiet and gentle. Plus, you never have to take them to the vet!

Because it's good for the Earth! Worms help us reduce our waste by eating our food scraps and turning them into compost.



Because your plants, flowers and gardens love the compost that worms make!

Because having a worm bin is fun! Your friends and family will probably want you to teach them more about worms!



STARTING A WORM BIN AT HOME

Follow these 8 easy steps to start your own worm bin!

1. **A HOME for our worms.** Have Mom or Dad buy a colored TEN gallon plastic tote box.
2. **AIR HOLES for your worms.** Have mom or dad drill 6-8, 1/4 inch holes into the lid of the tote box.
3. **BEDDING for your worms.** Tear 30 sheets of newspaper into thin strips. Place the shredded newspaper into a clean container. Next, go the kitchen and pour in enough water to moisten the newspaper. Then, squeeze most of the water out of the newspaper. It should not be dripping. Finally, **FLUFF UP** the newspaper and place it into the bin.
4. **SOIL for your worms.** Ask mom or dad where you can dig up a 1/2 cup of soil from your yard. Sprinkle the soil all over and among the moistened shredded newspaper.



STARTING A WORM BIN AT HOME

(CONTINUED)

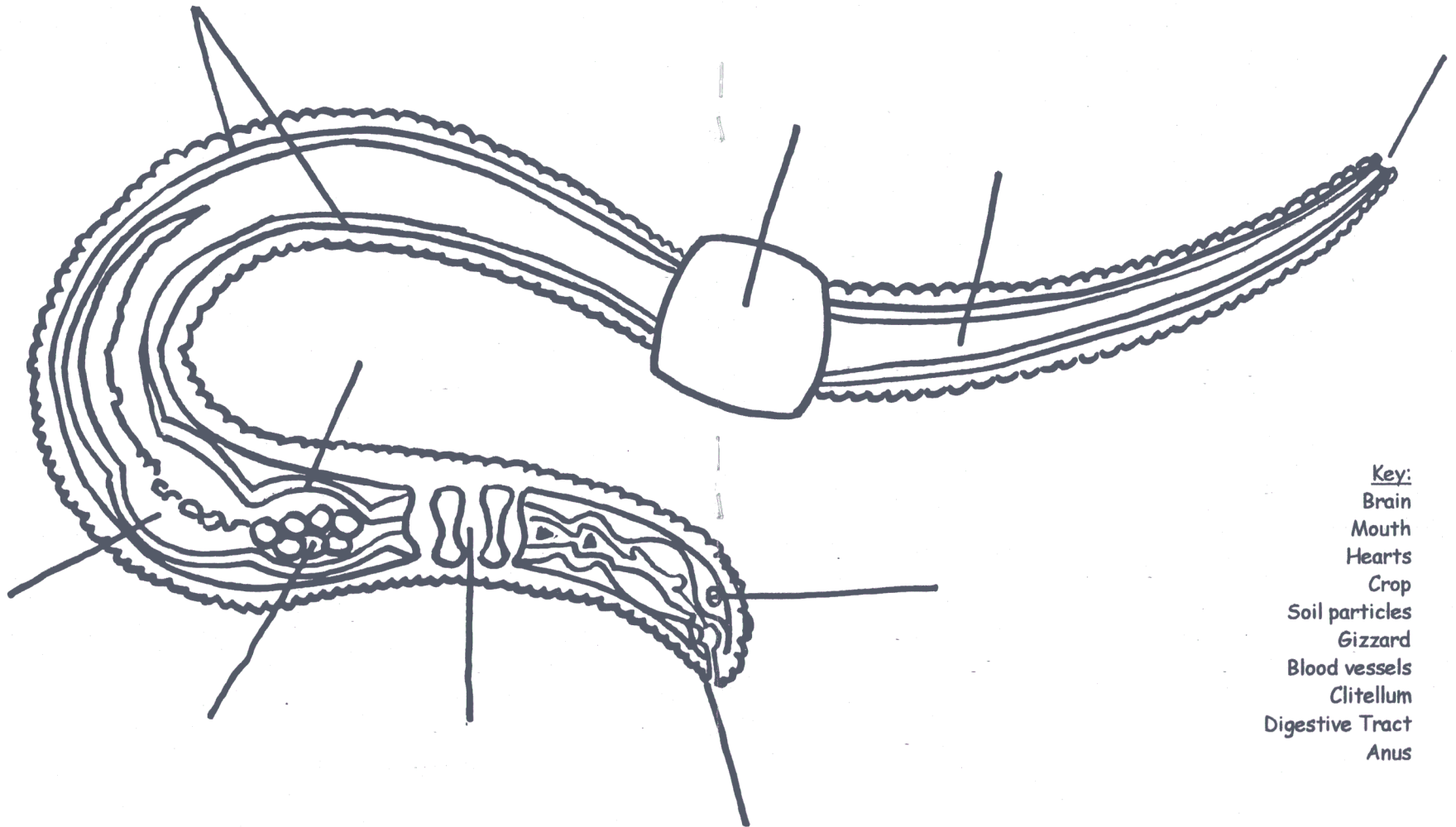
5. **A PLACE for your worm bin.** A good place for your worm bin is in the basement. If you live in an apartment, find a location that is out of the way, such as a closet or under a counter.
6. **PLACE your worms into their new home!** Remember to be gentle! These are very small creatures and they can easily be hurt if treated roughly.
7. **FEED your worms.** Place a 1/2 cup of food scraps into the bin. Remember to bury the food at the bottom of the bedding. Feed your worms once a week.
8. **WORMS for your worm bin.** Ask mom or dad to take you to a fishing tackle store. Buy a plastic container of RED WORMS (also called RED WIGGLERS) You will need about 100-150 worms to get started. **DO NOT USE GARDEN WORMS OR NIGHTCRAWLERS**





WORM ANATOMY LABEL THE PARTS BELOW

Learn this and you will really impress your friends with your worm knowledge!



- Key:
 Brain
 Mouth
 Hearts
 Crop
 Soil particles
 Gizzard
 Blood vessels
 Clitellum
 Digestive Tract
 Anus

Find the hidden words in the puzzle below



Hidden Words

WORMS
FOOD
COCOON

EARTH
DECAY
SOIL



WORMS LIKE TO EAT MANY TYPES OF FOOD. Especially fruit and vegetable peelings & crushed egg shells. Some of their other favorites are listed below.

- | | |
|--------------|--------------|
| Potato peels | Apple cores |
| Banana peels | Celery tops |
| Melon rinds | Plain cereal |
| Pizza Crust | Tea Bags |

DO NOT feed your worms meat or dairy products or oily foods.

DO NOT overfeed your worms! Too much food can lead to a smelly worm bin.

DO NOT let your worm bin get too dry or too wet. Add water or paper as needed to keep it as damp as a wrung out sponge.





Worms on the Web! *Try clicking on one of these squirmy wormy web sites!*

Wormwoman's web site:

<http://www.wormwoman.com>

Wormworld:

<http://www.nj.com/yucky/worm/>

Project Recycle:

http://www.happydranch.com/project_recycle/

Worm Digest:

<http://www.wormdigest.org>

Microbe Zoo:

<http://www.commtechlab.msu.edu/sites/dlc-me/zoo/>



Take the Pledge below...

By reading and signing the pledge below, you commit to helping the planet by recycling with worms

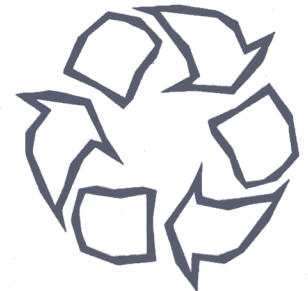
I pledge to treat my worms with Respect.

I pledge to feed my worms once a week.

I pledge to feed my worms only the foods mentioned in this booklet.

I pledge to help the environment by letting my worms eat my garbage.

Sign your name above



Produced by Lori Thomas
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For more information please contact:

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