



Feed + Fluff:

Your Go-To Worm Bin Routine

Step 1: Observe Conditions

Check food is mostly gone or breaking down, no large scraps/sour smells/sign of rot.

Worms active and bedding moist (like a wrung-out sponge)

All balanced? ☒
Continue to Step 2

● If not... Pause feeding, fluff bedding, remove rotting scraps, and let microbes catch up. Recheck in 2-3 days.

Step 2: Prepare the Feed

Measure out a small handful of chopped up food scraps (about $\frac{1}{2}$ cup or 100g)

Optional: freeze scraps first to break down cell walls

Step 3: Add Bedding (Browns)

Mix in $\frac{1}{2}$ to 1 cup of shredded cardboard, paper, or dry leaves with the food

Step 4: Feed + Fluff

Lift worm blanket/cover and the top layer of bedding

Create a shallow pocket (2-5 cm deep)

Add food + browns, then gently fluff surrounding bedding

Replace worm blanket/cover to keep moisture in and light out

Step 5: Monitor & Adjust

Check again in 2-3 days.

If food is breaking down and worms are active → feed again

If scraps remain untouched or smell sour → pause, fluff, and recheck later