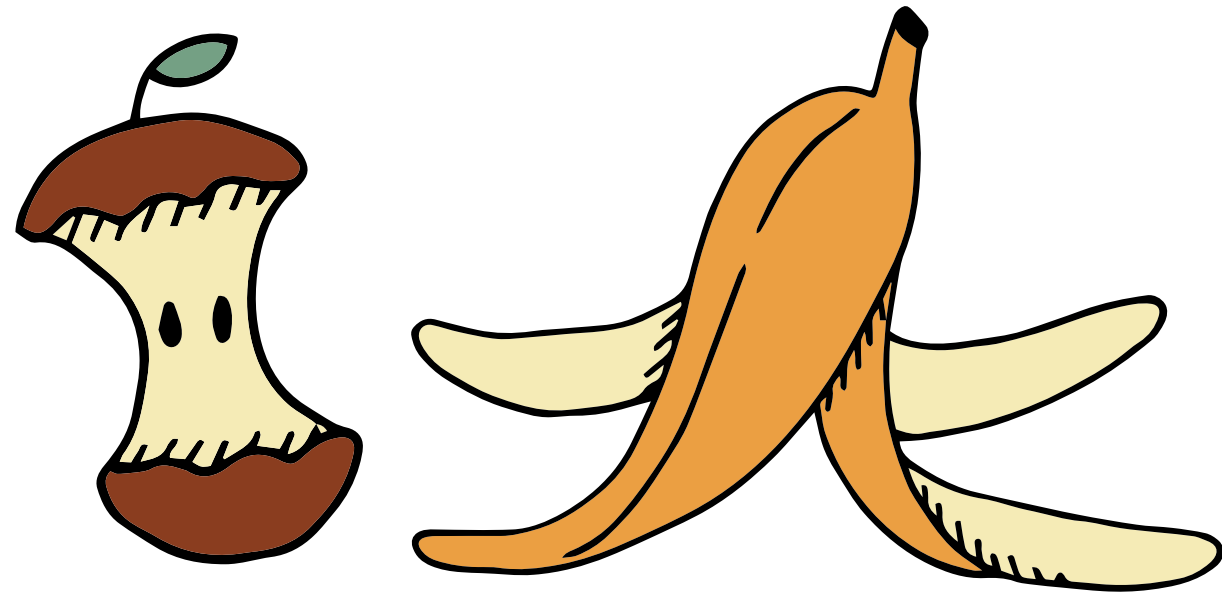


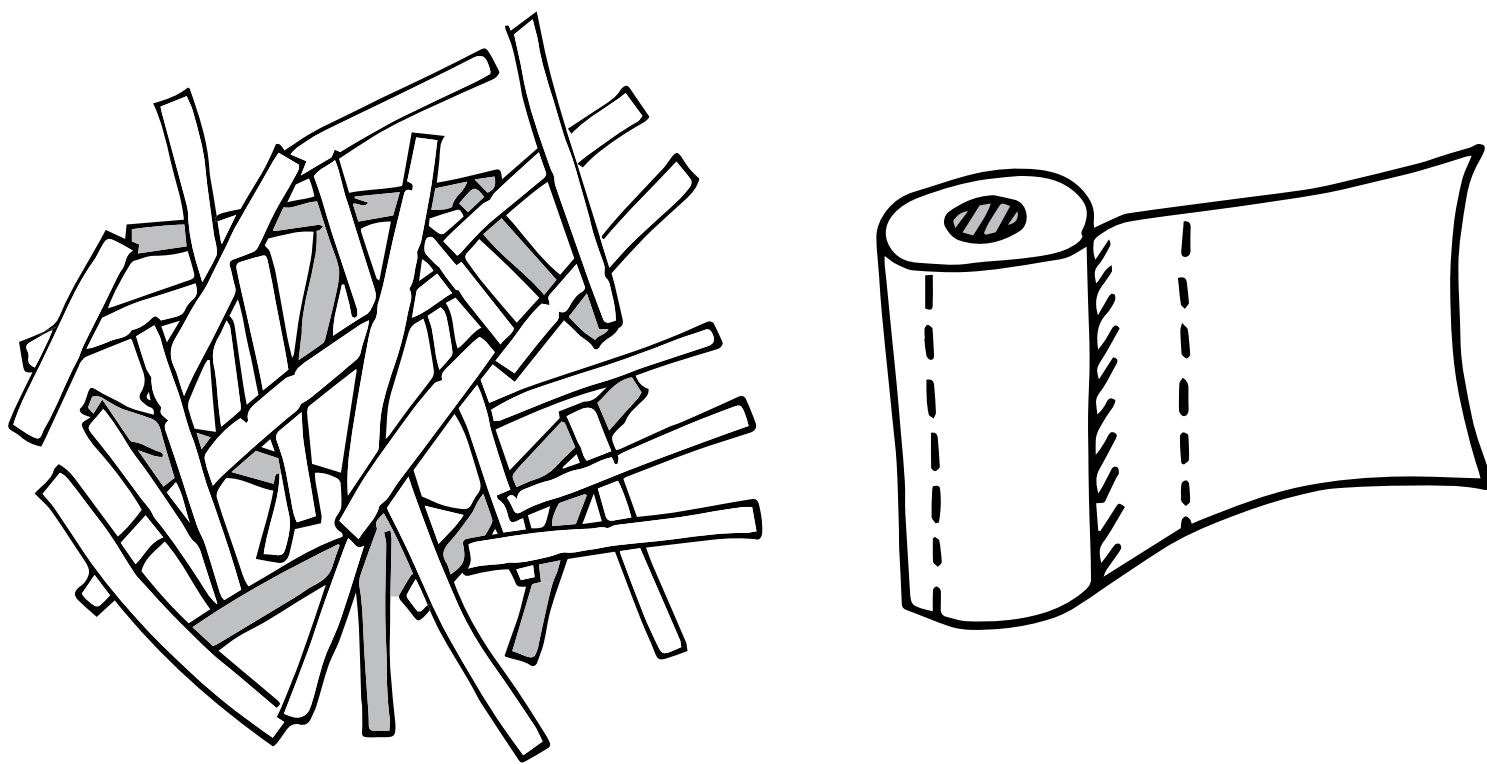
What tiger worms find yummy

Fruit scraps



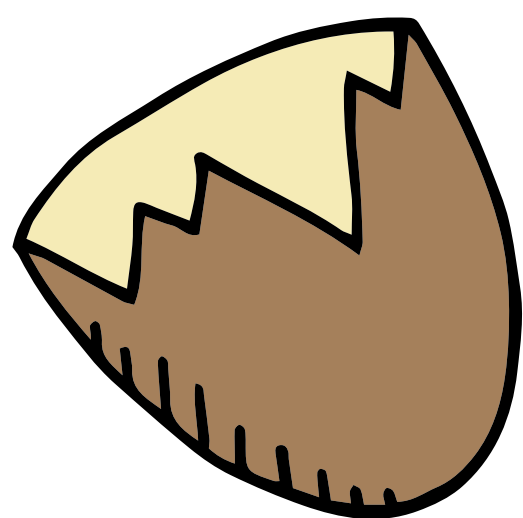
Tip: do not add citrus fruits

Shredded newspaper, paper, and paper towels



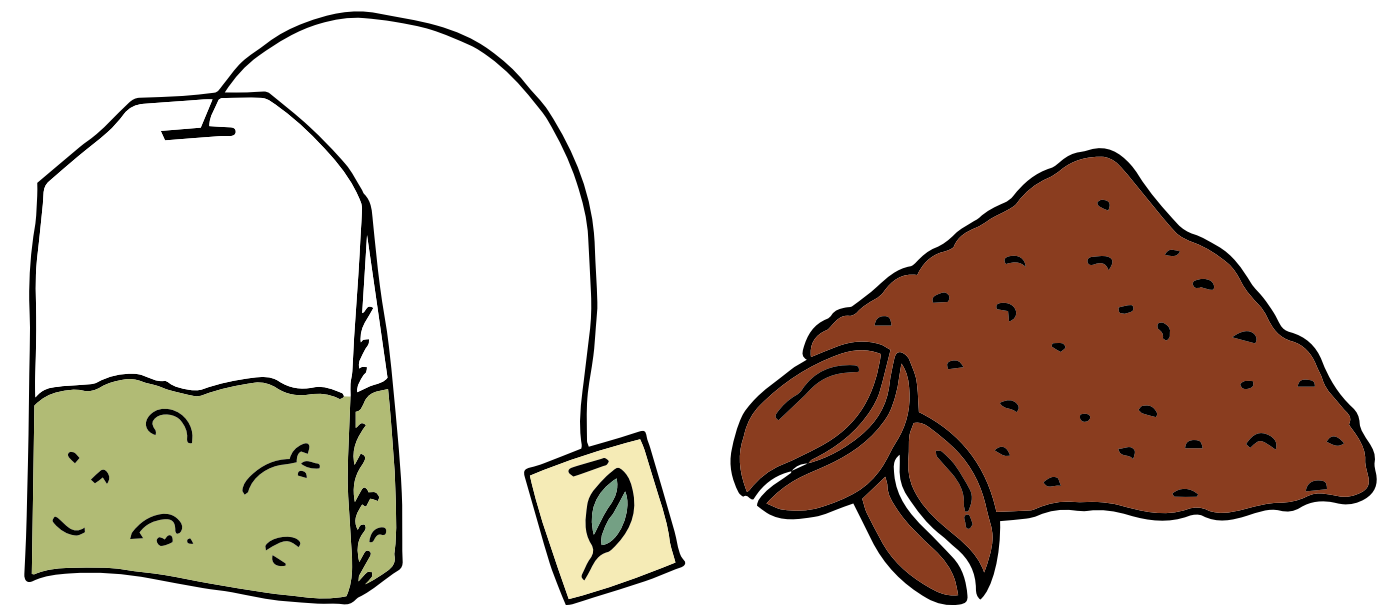
Tip: Tiger worms use paper as their bedding

Crushed eggshells



Tip: Egg shells provide grit to aid tiger worms' digestion

Tea bags and coffee grinds



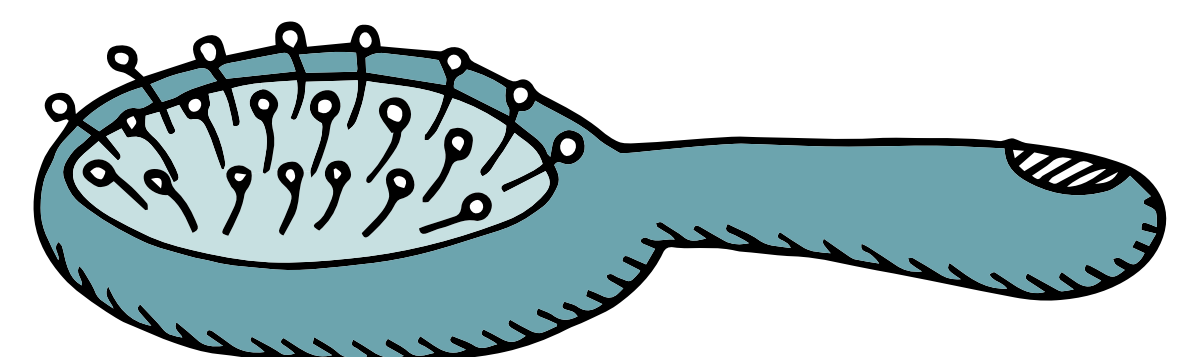
Tip: make sure your tea bags are plastic free, and start slowly with your coffee grinds

Vegetable scraps



Tip: Avoid strong tasting veggies such as onion and garlic

Human and pet hair



Tip: Do not use hair that has been dyed, treated or has been exposed to chemicals