

What's your favourite food? Is it chicken nuggets? Spaghetti? Ice cream? Whatever it is, no matter how much we like our favourite food, we can't only eat that one food for the rest of our lives! We would get sick of it soon enough and would want something different. Worms are the same. When you're feeding them scraps, make sure to have some variety so they can stay active and healthy!

Do's and Don'ts!

Here are some kitchen scraps feeding tips that you should know for your wormy buddies!

Do: feed them fruit peels and rinds!

Don't: feed them citrus fruit peels.

Do: feed them coffee and tea grounds!

Don't: feed them animal feces.

Do: feed them plain bread, pasta, and cornmeal!

Don't: feed them meats, oils, fats, or dairy.

Do: feed them vegetable scraps!

Don't: feed them onion or potato

You can't feed that to me!

Don't worry, this is ALLL for me!

Q.
How can you tell which end of a worm is which?

Wiggles and Giggles Corner!

Send any questions, art or inquiries to:
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REAPS READER

Mother's Day is coming soon, so that means making the best gifts to show your love!

If your mom received flowers for Mother's Day, make sure not to simply throw them out into the trash! Instead, use them as the non-food source for your worms and lets them get some Mother's Day love too!



Did you know that the more calls are made on Mother's Day than any other day of the year?

Wait, what!?

Fun Fact!

Everyone has a mom or mother figure, but do you know who the biggest and most influential mother is? Mother Nature! She is what gives us the land we live on today, but we don't take good enough care of her! Throughout this year, you have been making an effort to be more environmentally friendly, and for that- Mother Nature thanks you! So keep reading to find out more ways to take care of her!

Gifts That Show You Care

Don't know what to get mom? Want to make sure she can use it all the time? Want an eco-friendly gift? Well, here are some ideas that cover all three of those criteria!

Reusable Tote Bag: try and bring it up with dad or another trusted adult that you want to buy your mom a reusable bag that she can take shopping and anywhere on the go! You can decorate it with fabric markers or give it as is!

Bird Feeder: if your mom likes birds, go to any dollar store and get one of the DIY bird feeders that you can easily assemble and decorate for her!

Stainless Steel Water Bottle: this gift will be handy and reusable which will make your mom super happy!



A.
Tickle it's middle and see which
end laughs!