

...one tip at a time!

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

**GREEN TIP #193**

**May 2026**



## Keeping up with the Worms:

### A GUIDE TO STARTING AN OFFICE VERMICOMPOST BIN

**Reduce food waste in the workplace by starting a vermicompost bin. If done correctly, there will be no odours, and you'll create nutrient-rich compost that can be used for office plants or home gardens. Vermicomposting uses red wiggler worms (not garden earthworms) to break down food scraps into castings, known as compost. Each week collect food waste from your colleagues into a bucket and feed the worms at the end of the week. Worms can eat most food scraps from fruits and vegetables, bread, egg shells, coffee grounds and shredded paper. Every week the bin would need to be "fluffed" where you break up the compacted compost and allow airflow into the bin. You also want to make sure the bin has adequate moisture, it should have consistency of a wrung-out sponge. Contact us at REAPS for any compost or recycling related questions!**

Learn more about all your composting needs by checking out this link [here](#).

Do you have any questions or suggestions? Call or email us at [green\\_solutions@reaps.org](mailto:green_solutions@reaps.org)!