

Appendix A

Waste-free lunch planning

*Circle the best waste-free choices and be ready to answer why you made your choice. There may be more than one answer for each.

Item	Packaging choices			
Sandwich	Foil	Plastic wrap	Plastic baggie	Reusable container
Soup	Thermos Disposable "to go" container			
Snack	Orange Pudding cup	Pretzels in foil or plastic baggie	Brownie in plastic wrap	Chips in reusable container
Drink	Milk carton Thermos	Reusable water bottle	Juice bottle Juice box	Soda can Plastic water bottle
Lunch bag	Brown bag	Plastic grocery bag	Lunch box	Cloth lunch bag
Utensils	Disposable plastic Durable silverware			
Napkin	Cloth	Paper		

Appendix B

Waste-free party planning

Example

Reusable	Compostable	Recyclable
Party supplies		
<ul style="list-style-type: none">• Silverware•••	<ul style="list-style-type: none">••••	<ul style="list-style-type: none">••••
Food and drink		
<ul style="list-style-type: none">••••	<ul style="list-style-type: none">• Apple core•••	<ul style="list-style-type: none">• Plastic water bottle•••
Clean-up		
<ul style="list-style-type: none">• Sponges••	<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••

Appendix C

Build a worm bin!

Materials:

- Two 8-10 gallon plastic storage boxes (dark, not see-through!) as shown in pictures. Reuse Alert! Purchase them from a second hand store. Save money and REDUCE. Used bins cost about \$5 each.
- Drill (with 1/4" and 1/16" bits) for making drainage and ventilation holes.
- Newspaper.
- About one pound of red wiggler worms.



Step 1

Drill about 20 evenly spaced 1/4 inch holes in the bottom of each bin. These holes will provide drainage and allow the worms to crawl into the second bin when you are ready to harvest the castings.



Step 2

Drill ventilation holes about 1 – 1 ½ inches apart on each side of the bin near the top edge using the 1/16 inch bit. Also drill about 30 small holes in the top of one of the lids.

Step 3

Prepare bedding for the worms by shredding newspaper into 1-inch strips. Worms need bedding that is moist but not soggy. Moisten the newspaper by soaking it in water and then squeezing out the excess water. Cover the bottom of the bin with 3-4 inches of moist newspaper, fluffed up. If you have any old leaves or leaf litter, add that, too. Throw in a handful of dirt for "grit" to help the worms digest their food.

Step 4

Add your worms to the bedding. One way to gather red wiggler worms, is to put out a large piece of wet cardboard on your lawn or garden at night. The red wiggler worms live in the top 3 inches of organic material, and like to come up and feast on the cardboard! Lift up cardboard to gather the red wiggler worms. If you wish to purchase worms, check out Yelm Earthworm and Castings Farm.

An earthworm can consume about 1/2 of its weight each day. So, if your food waste averages 1/2 pound per day, you will need 1 pound of worms or a 2:1 ratio. There are roughly 500 worms in one pound. If you start out with less than one pound, don't worry, they multiply very quickly. Just adjust the amount that you feed them for your worm population.



Step 5

Cut a piece of cardboard to fit over the bedding, and get it wet. Then cover the bedding with the cardboard. (Worms love cardboard, and it breaks down within months.)

Step 6

Place your bin in a well-ventilated area such as a laundry room, garage, balcony, under the kitchen sink, or outside in the shade. If you place it outside, make sure to bring it inside in the winter, so the worms don't freeze. Place the bin on top of blocks or bricks or upside down plastic containers to allow for drainage. You can use the lid of the second bin as a tray to catch any moisture that may drain from the bin. This "worm tea" is a great liquid fertilizer.

Step 7

Feed your worms slowly at first. As the worms multiply, you can begin to add more food. Gently bury the food in a different section of the bin each week, under the cardboard. The worms will follow the food scraps around the bin. Burying the food scraps will help to keep fruit flies away.

What do worms like to eat?

Feed your worms a vegetarian diet. Most things that would normally go down the garbage disposal can go into your worm bin (see the list below). You will notice that some foods will be eaten faster than others. Worms have their preferences just like us.

Feeding your worms

Feed Worms	Do NOT Feed Worms
Breads & grains	Dairy products
Cereal	Fats
Coffee grounds & filters	Meat
Fruits	Oils
Tea bags	
Vegetables	

Help! I'm having problems with my worm bin!

Troubleshooting

Problem	Probable Cause	Solution
Worms are dying or trying to escape	Too wet	Add more bedding
	Too dry	Moisten bedding
	Bedding is used up	Harvest your bin
Bin stinks!	Not enough air	Drill more ventilation holes
	Too much food	Do not feed for 1-2 weeks
	Too wet	Add more bedding
Fruit flies	Exposed food	Bury food in bedding

When the first bin is full and there are no recognizable food scraps, place new bedding material in the second bin and place the bin directly on the compost surface of the first bin. Bury your food scraps in the bedding of the second bin. In one to two months, most of the worms will have moved to the second bin in search of food. Now the first bin will contain (almost) worm free vermicompost. You can gently lift out any worms that might remain, and place them in the new bin, or put them into your garden!



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