

Starting a Vermicompost Bin

Age/Grade Range

- 8-18+

Group Size

- Maximum: 10 children

Time

- Set-up: 20-30 minutes
- Activity: 30 minutes

Materials

- Plastic bins with lids (one per child)
- Bedding (newspaper, leaves, straw, peat moss, coir- coconut fibre, etc.)
- Spray bottle with water
- Food scraps
- Red wiggler worms

Set-Up

Drill or small cut lots of holes in the lids of the plastic bins for air. Drill or cut a few small holes in the bottom of the plastic bins for drainage.

Activity Directions

1. Line the bin with 3 or 4 full sheets of dry newspaper.
2. If using newspaper for bedding, shred the newspaper into long thin strips.
3. Add bedding of your choice to the bin and moisten with the spray bottle. Bedding should be moist like a wrung-out sponge. To test if there is enough moisture, pick up a handful of bedding and squeeze. Just a few drops of water should come out. If too dry, add more water. If too wet, add more bedding.
4. Place a couple of handfuls of food scraps to the bin. Cut the scraps into smaller pieces to aid the worms with breaking down the food.
5. Add worms to the bin. Gently cover the worms with some bedding.
6. Put a lid on bin and place the bin in a cool, dark place, away from direct sunlight.



NWT SCIENCE FOCUS

Topics

- Local Food Production
- Waste

Objective

- Learn about composting as a way to divert food waste from the landfill.
- Learn about making compost for food production. Our food scraps can go back to the earth, completing the food cycle, by being composted.