

Thursday, February 28<sup>th</sup>

6-8 pm

Cold Lake F.C.S.S.

5220—54 St. Cold Lake

**FREE**

To register  
call **587-201-4345**

or email  
**outreach@lica.ca**

Space is limited

# Vermicomposting 101

Vermicomposting is indoor composting for any size of home! Reduce your food waste by composting with worms. It's easy, compact, odour free, and great for the environment! Workshop includes:

- \* What is vermicompost?
- \* Benefits for you & the environment
- \* Red wiggler worms
- \* Maintenance
- \* Question & Answer Session
- \* Build your own vermicompost to take home. Worms included!