

Supplementary Table 1. List of all *C. elegans* strains used in this study

Strain	Genotype	Usage	Reference
N2	Wild type	Fig. 3e	Brenner 1974
ACH91	<i>wacIs6[myo-3p::pas-7::GGGGS Linker-wrmScarlet::unc-54 3'UTR, unc-119(+)], wacIs14[myo-3p::tomm-20_1-50aa::attB5::mGFP::unc-54-3'UTR, unc-119(+)]</i>	Fig. 1a,g; Fig. 3f; Fig. 4f	Generated for this study
ACH93	<i>wacIs1[myo-3 promoter::rpn-5 CAI=0.97::GGGGS Linker-wrmScarlet::unc-54 3'UTR, unc-119(+)], wacIs14[myo-3 promoter::tomm-20_1-50aa::attB5::mGFP::unc-54-3'UTR, unc-119(+)]</i>	Fig. 1a-f; Fig. 2a, d-e; Fig. 3a-b, e; Fig. 4b-e, i; Supp. Fig 1	Generated for this study
ACH199	<i>wacIs1[myo-3 promoter::rpn-5 CAI=0.97::GGGGS Linker-wrmScarlet::unc-54 3'UTR, unc-119(+)], vit-2(crg9070[vit-2::gfp]) X</i>	Fig. 4g-h, Supp. Fig. 2	Generated for this study
AGD885	<i>rrf-3(b26) II; fem-1(hc17) IV; uthEx633 [myo-3p::GFP]</i>	Fig. 2b-c	Vilchez et al. 2012
SJ4103	<i>zcls14 [myo-3::GFP(mit)]</i>	Fig. 3c	Benedetti et al. 2006