

Prehistoric Pets Care Sheet

Feeder Insects

Crickets (*Acheta domestica*)

Crickets should be kept in some type of clean plastic container. Egg crate is an excellent medium for crickets and provides the necessary space for crickets to thrive. Ideally, you should store your crickets where the temperature ranges between 70-85 degrees. Crickets need to be fed and watered on a daily basis for the best results. There are many different types of cricket foods available and “Cricket Total Bites” from Nature Zone is an excellent source of food and water. Just place a few cubes of the total bites throughout the container and when they’re gone or dried up, replace them. Other options to feed crickets are cut vegetables for food and wet paper towels or cotton balls for moisture. When all your crickets are gone, clean your container with water before adding any new crickets. Never leave your crickets or other feeder insects exposed to direct sunlight, they will overheat and die.

Superworms (*Zoophobas morio*)

Superworms are best stored in a plastic container filled with bran or oatmeal. Do not refrigerate superworms they need to be kept between 70-85 degrees. The worms will eat the bran or oatmeal they are stored in but you should add carrots, cucumbers, or potatoes for moisture and added nutrition. You can also mix calcium/vitamin powder to the mixture of bran, the superworms will ingest the supplement and this will add to their nutritional value.

Mealworms (*Tenebrio molitor*)

Mealworms can be stored similar to superworms, however, they can be refrigerated. If you keep your mealworms in the refrigerator, they will become dormant and do not need to be fed. If you keep your mealworms warm, keep them exactly like superworms.

Waxworms (*Galleria mellonella*)

Waxworms should be stored in the refrigerator. At this temperature they are dormant and do not need to be fed. Make sure they are kept in some type of container and not stored in a plastic bag.

| | Crickets | Mealworms | Waxworms | Superworms |
|----------------|-----------------|------------------|-----------------|-------------------|
| Protein% | 20.72 | 18.65 | 15.4 | 18.92 |
| Carbohydrates% | 3.06 | 3.62 | 2.54 | 5.81 |
| Fat% | 5.74 | 14.96 | 20.12 | 15.07 |
| Moisture% | 68.96 | 57.75 | 60.97 | 58.91 |

Figure 1: Nutritional Analysis of Feeder Insects