

Meal worm Care guide

Mealworms are incredibly easy to care for! In the paragraphs below we are going to cover the basic care for these roaches and how to keep and maintain your feeders before they are consumed!

Feeding:

Feeding your worms is a crucial step in assuring your reptile(or birds, and amphibians) get optimal nutrition! The phrase "you are what you eat" is the perfect mantra for gut loading your insects! Although your insects will be fed a vegetarian diet, there is not an exact recipe! A good rule of thumb is: If your reptile can eat the produce safely (can, does not mean does eat it. We understand there are picky reptiles and even reptiles who do not consume vegetation directly but instead receive the nutrition via insects) then so can your worms! Below we feed and recommend feeding!

- ***we offer our custom blend, already balanced and premixed, Just add water.***

Greens:

Mustard, turnip, collard, kale, dandelion, basil, parsley

Other veggies:

Peppers, Celery, Carrots, Zucchini, squash, green beans, radishes, peeled cucumber, asparagus

Food to stay away from onions, spinach, Spicy Peppers, oranges, limes, lemons, any other type of citrus. We do not recommend using fruit to feed your worms. This can lead to mold in your bedding.

Housing:

These worms do well in containers, Tupperware, or aquariums! After you have chosen your container to store your insects it is time to prep the container! The first thing you must do is ventilation! The way you prep your container will vary with size! The easiest and most cost-effective way is to use a drill! simply use a drill as though you were pre-drilling for a woodworking project! be careful during this step because SIZE MATTERS! When choosing a drill bit you must think of the size bugs you are caring for. You are going to want to drill holes all over the lid, as well as the sides of your container. You are going to drill the wholes towards the top and out of reach of your insects!

After the holes are drilled it is time to set up your enclosure. We recommend using a significant amount of bedding at the bottom of your cage(we offer a special blend). The blend serves as both bedding and nourishment. When that is finished it is time to set up your egg flats or toilet paper rolls. You do not need many, recommend laying egg flats across the top of the bedding. If you are using toilet paper tubes we would encourage you to do the same.

Water:

When caring for Worms hydration is important. These insects get most of their moisture through vegetables given to them. Although that is the traditional and effective approach to hydration, it is also acceptable to offer hermit crab sponges as another water source and others use the water crystals!

Temperature and humidity:

When determining the temperature for your roaches, first you must look at your worms and determine if the size is right for your lizard. If the worms are a good size and you are pleased with them then you can keep them at the normal room temperature (between 75-80 F); But if your worms appear to be a little smaller than you would like, you may want to keep them at a warmer temperature (between 80-90 F) to encourage quicker growth

Worms enjoy being warm. When you are dealing with these guys you want it to be a low humidity environment. If there is too much humidity it may cause your bedding to mold.

Worms can be a good choice for feeder insects providing Good nutrition and a very interactive diet for your reptile (or bird.) But to do that they must be cared for properly!