

## Cricket Care guide

Disclaimer: We in no way, shape, or form recommend feeding reptiles crickets. Crickets are cheap and readily available in a chain and privately owned pet store; But if you decide to use crickets we advise you to follow these directions to ensure maximum nutrition. **FEED**

**CRICKETS SAME DAY AS FEEDING.**

### Feeding:

Feeding any insect that your reptile or amphibian will consume 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 insects! 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

Fruits:

Bananas with peel, oranges, apples, grapes, plums, apricot strawberries, raspberries, blueberries

**Food to stay away from** onions, spinach, Spicy Peppers, Lettuce, oranges, limes, lemons, any other type of citrus

### Housing:

Cricket can be quite a chore to keep and breed. They are notorious for the smell and the noise they create! If you choose to use crickets as a feeder here is the best way to house them( in our opinion)

The first thing you must do is purchase your container. We like to use opaque storage containers (size depends on the number of crickets.) After you have your container, it is time to prep it! You must have ventilation! The way you prepare your container will vary with the size of the insect that goes in there. We recommend cutting a rectangle on the top of the lid and covering it with a screen and securing it thoroughly. Next, repeat that step with smaller rectangles on the two longer sides of the container. After that is finished it's time to add bedding. Although bedding is not necessary, some do use it. When that is finished it is time to set up your egg flats or toilet paper rolls. We choose to stack ours in an almost beehive fashion when using egg cartons. If you are using toilet paper tubes we would encourage you to stack them in a way that is similar to a pyramid; You want to lay them horizontally to allow for easy access.

### Water:

When caring for crickets hydration is important. These insects get most of their moisture through fruits and vegetables given to them. Although that is the traditional and effective approach to hydration, it is also acceptable to offer water crystals or cricket quench as another water source!

**Temperature and humidity:**

With crickets, no special lighting is needed. Any ambient room lighting will be sufficient. Maintain moderate temperatures between 70 to 85 degrees F for crickets of all sizes. You can keep smaller crickets, ½ inch or smaller, at temperatures between 80 to 90 degrees F to encourage quicker growth, but this is not necessary.