

## Lobster Roaches Care guide

Lobster roaches are pretty 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 roaches 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 roaches! 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:

Lobster roaches are a challenge for first-time users, but do not be discouraged! In this section, we will cover solutions to the challenges of housing!

Lobster roaches like the dark; So when purchasing a container to store them in we encourage you to choose a plastic container (they cannot climb the sides) that is a darker color, try and stay away from the clear or opaque storage containers! 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 will want the holes to be smaller than 1/8 of an inch! The average nymph is around that size and at times smaller, we recommend using a mesh screen instead of holes. you must ensure that the roaches cannot escape. 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 roach enclosure. We recommend using 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. 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.

Unlike Dubia roaches, lobster roaches can climb smooth surfaces! That is the reason they are considered hard to house! There are a couple of options that will solve this problem! Option one is to take an edible substance such as coconut oil or olive oil and rub a nice layer around the sides of the container at the level you wish for them to stay at.

### Water:

When caring for Lobster roaches 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 hermit crab sponges as another water source!

### Temperature and humidity:

When dealing with these roaches they mustn't get below 68 degrees F. Although 68 degrees will not kill them quickly you may see a higher fatality rate. When determining the temperature for your roaches, first you must look at your roaches and determine if the size is right for your lizard. If the roaches are a good size and you are pleased with them then you can keep them at the normal room temperature (between 70 and 79 F); But if your roaches 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

Lobster roaches enjoy being warm, and Semi-dry. When you are dealing with these guys you want it to be a fairly dry environment, around 55 to 70 percent. Generally speaking, you can obtain the ideal humidity by misting once daily and keeping your roach enclosure around 80 to 90 F.

### How to feed to your reptile:

Feeding these roaches to your reptiles (or birds) can be tricky if you have never done it before, or have never even heard of these roaches! Based on their quick movements and their ability to climb, they can be a bit of a challenge! Our reptiles LOVE these roaches and the best way we have learned to feed them is in your bathtub! Clean your bathtub out and wipe the sides with a dry towel. Place your lobster roaches in your freezer door for 15 to 25 minutes, this will not kill them! The purpose of the freezer is to slow down the roach's movements, and this is the most effective way to do so!

Lobster roaches are 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!