

## Dubia Roaches Care guide

Dubia roaches are pretty easy to care for! In the paragraphs below we are going to cover the basic care for dubia 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 receives 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

### Housing:

Dubia roach's exoskeleton mat appears to be hard and strong to the touch, but in reality, it appears to be much stronger than it is! With that being said it is very important to have enough (edible) objects for them to climb. We recommend Egg flats (cardboard) or toilet paper tubes! Both are good options and are non-toxic!

Dubia 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. 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.

### Water:

When caring for dubia 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 60 degrees F. Although 60 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 68 and 75.); But if your roaches appear to be a little smaller than you would like, you may want to keep them at a warmer temperature to encourage quicker growth

Dubia roaches enjoy being warm, and dry. When you are dealing with these guys you want it to be a fairly dry environment, around 40 to 60 percent. This is a pretty average humidity rate for a lot of homes ( depending on where you live of course)

Dubia Roaches are an amazing feeder insect providing a very balanced diet for your reptile ( or bird.) But to do that they must be cared for properly!