



## Pet Hospital of Peñasquitos

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# How to Grow Mealworms & Superworms

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The mealworm or superworm beetle is the reproductive stage, which mate and lay eggs. Eggs hatch into larvae, go through numerous molts, before they become pupae, which molt several times before they become beetles. It is vital to feed a calcium enriched diet (> 8% calcium) to boost the calcium content of the insects. We use Mazuri Hi-Ca Cricket Diet because it is calcium enriched, low fat, has trace minerals, essential amino acids (protein), and multivitamins that insectivores need. Do not feed them anything but the cricket diet, no cubes, fruits or veggies!

1. Put three 0.5 pound bags of Mazuri Hi-Ca Cricket Diet in a plastic shoebox. Place holes in the lid for air circulation. The mealworms and superworms, including the beetle stage, cannot climb the plastic sides.
2. Place a damp paper towel on one third to one half of the surface of the cricket diet. This is the worms' water source, without it they will die of thirst within a few days. Sprinkle water on the paper towel every 1-2 days, to keep it damp, but not wet. Try not to get the cricket diet too wet or it will grow mold.
3. Put in your mealworms, or superworms, within 3 months you'll have all the larvae you need, as long as you keep it clean and provide water.
4. Once the mealworm colony is going strong, change the Mazuri Hi-Ca Cricket Diet monthly. To do this, pour the mealworms onto a screen, discard all the used cricket diet, put in new cricket diet and replace your mealworms, pupae and beetles. A sign that the colony needs changing is a faint ammonia smell or if any green or yellow mold develops.
5. Remember, you are what you eat! If your insects are well fed, your insectivore will also be well fed.