

Live Mealworm Care Sheet

Keeping at room temperature:

Add a 1 inch layer of wheat bran or mealworm bedding

Supply moisture with raw carrots, potatoes, or celery (this is essential)

Sift bedding when bedding appears 'sandy'

Large Mealworms kept at room temperature will pupate very soon!

Never let mealworms sit in direct sunlight or in temperatures 85 degrees or higher

Storing in refrigerator (recommended)

Remove vegetation while mealworms are refrigerated

Don't store in the coldest areas where the milk is kept or the crisper; it can get a bit too chilly here!

Always let mealworms stand at room temperature for at least 30 minutes before placing into the refrigerator at 45-50 degrees.

At this temperature the mealworms become dormant and last for months

mealworms must stay dry and have air at all times (do not place in a covered or sealed container)

When removed from refrigeration offer moisture and food, mealworms will be lively and hungry as they warm up