









Heavenly Hedgies: Hedgehog Insect Values, Storage, and Feedings

Insects for Hedgie	Nutritional Values of Insects		Safe Storage of Insects	Hedgehog Feeding Amounts
<p>Mealworms</p> 	Fat: 6-13% Protein: 20-22% Fiber: 2% Calcium: 169 mg	Phosphorus: 2850 mg Thiamine: 2.4 mg Moisture: 61.9%	Substrate: Oatmeal, wheat bran, or grain cereal Fed: Potato slice, apple, orange peel, carrots, lettuce Room Temp: 80°F/27°C for 5 weeks Refrigeration Temp: 45°F - 50°F/7°C - 10°C for one month after gut loading	3x per week
<p>Superworms</p> 	Fat: 17.7% Protein 19.06% Fiber: 2.6% Calcium: 177 mg	Phosphorus: 2370 mg Thiamine: 0.6 mg Moisture: 57.9%	Substrate: Mealworm bedding, oatmeal, wheat bran Fed: Potatoes, carrots, apples, Repashy insect food Room Temp: 75°F - 82°F/23°C - 28°C for 1 month Refrigeration Temp: DO NOT REFRIGERATE!	3x per week
<p>Hornworm</p> 	Fat: 3.07% Protein: 9% Fiber: 2.5% Calcium: 46.4 mg	Phosphorus: 1,394 mg Thiamine: Not Analyzed Moisture: 85%	Substrate: None Fed: Hornworm chow, potato slices, eggplant Room Temp: 75°F - 85°F/24°C - 29°C for 4 weeks Refrigeration Temp: 50°F - 55°F/10°C - 13°C for 2 weeks	3x per week
<p>Waxworms</p> 	Fat: 24.9% Protein: 14.1% Fiber: 3.4% Calcium: 243 mg	Phosphorus: 1950 mg Thiamine: 2.5 mg Moisture: 58.5%	Substrate: Grains or bran mixed with honey Fed: Repashy insect feeder + they feed off substrate Room Temp: Refrigeration only Refrigeration Temp: Inside fridge door only 55°F - 60°F / 12°C - 15°C for 1 week	2x per week

Insects for Hedge	Nutritional Values of Insects		Safe Storage of Insects	Hedgehog Feeding Amounts
Black Soldier Fly Larvae/ Phoenix Worms 	Fat: 9.4% Protein: 17.5% Fiber: 3% Calcium: 9000 mg	Phosphorus: 3560 mg Thiamine: 7.7 mg Moisture: 61.2%	Substrate: Non-food substrate, dried sugar beet pulp or grains Fed: Nothing but a drop of water on substrate every 2 days and keep cup lid closed - keep BSFL for up to 3 weeks Room Temp: 50°F - 60°F/10°C - 15°C for 20 days Refrigeration Temp: Never refrigerate	1x per day
Dubia Roaches 	Fat: 6.1% Protein: 21.4% Fiber: 2.6% Calcium: 700 mg	Phosphorus: 2600 mg Thiamine: Not Analyzed Moisture: 65.6%	Substrate: Vertical egg flats Fed: Carrots, insect powder, apple cores, broccoli stalks Room Temp: 60°F - 70°F/15°C - 21°C for one month Refrigeration Temp: Do not refrigerate	1x per day or 3x per week
Crickets 	Fat: 3.3% Protein: 16% Fiber: 2.2% Calcium: 275 mg	Phosphorus: 2,950 mg Thiamine: 0.4% Moisture: 76%	Substrate: Egg carton bottoms Fed: Insect feeder, oatmeal, cornmeal, peaches, apples Room Temperature: 75°F - 90°F / 24°C - 32°C for 8 days Refrigeration Temperature: Do not refrigerate	2x daily
Silkworms 	Fat: 1.1% Protein: 9.3% Fiber: 1.1% Calcium: 177 mg	Phosphorus: 2,370 mg Thiamine: 3.3% Moisture: 82.7%	Substrate: Mulberry leaves Fed: Mulberry leaves Room Temperature: 78°F - 85°F/25°C - 29°C for 2 weeks Refrigeration Temperature: 35°F - 37°F/1,1°C - 2,7°C for 2 weeks	3x per week