

Tip OF THE WEEK

How to Gut-load Mealworms with Booster or Sunshine Factor



1. Empty a 6-oz (170 g) bag of organic puffed grain that does not contain sugar or salt, such as Kamut®, into a container.
2. Float a bottle of Booster® or Sunshine Factor® in a cup of hot water (110°F [43°C]) for a few minutes. Slowly pour 1-3 tsp of Booster® or Sunshine Factor® over grains.



3. Stir to lightly cover (the grains should be a very light yellow color). Note: Too much Booster® or Sunshine Factor® will kill the mealworms, so "lightly" should be emphasized.
4. Sprinkle the Booster® or Sunshine Factor®-coated grain mixture into the mealworm bin or add a few grains to a 50-count mealworm container. Keep the worms at room temperature so they will eat the coated grains.

"If your pet birds won't eat pellets, add a few Booster® or Sunshine Factor®-coated puffed grains to their food for a 'treat.' Birds love them!"

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