

# You are more than just what you Eat

At Craft Crickets we want to help you understand your food: Where it comes from, How it was sourced, and the Resources needed to produce it.

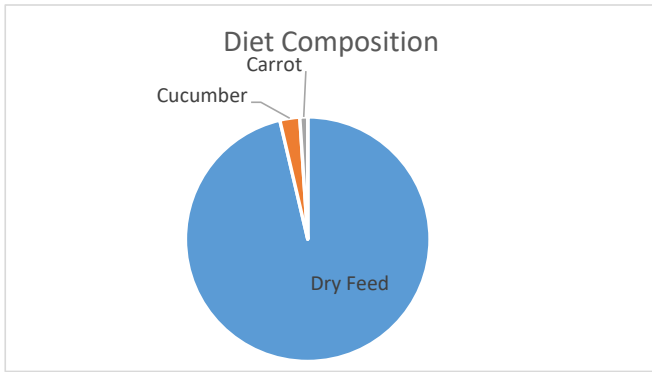
## How fresh are the crickets?

Batch # 1711  
 Hatch Date: 2/19/2017  
 Harvest Date: 5/30/2017  
 Age at Harvest (Wks) 14.3  
 Process Date 6/1/2017

We all want our food as fresh as possible. We harvest our crickets by freezing them and keep them frozen until we process and package them. Once packaged, the crickets will last for six months when stored in a cool, dry place.

## What did the crickets eat?

We like to say that our crickets eat better than we do. Our crickets eat as local and as nutritious a diet as possible.



### 4% Fruit/Vegetable Feed

- 3% Cucumber Fred Meyers' Organic Cucumber
- 1% Carrot Fred Meyers' Organic Carrot
- 0% Potato Fred Meyers' Organic Russet Potato
- 0% Other Fruit

### 96% Dry Feed

- 71% BarAle Organic 20% Chick Starter Crumble. Williams, CA
- 26% Payback Organic Starter Crumble. Sioux Falls, ND
- 0% Spent Grain Eugene, OR. Claim 52 Brewery.

## How do these crickets compare, really?

Ultimately, we raise and eat crickets because they require **less land, water, and feed** to produce the same amount of protein as alternative sources. The media loves to report this fact, but these news articles often cite lab-produced results.

We thought we'd make it easy and post the actual numbers that pertain to this specific batch.

*How many pounds of feed does it take to make one pound of edible food?*

<b>Craft Crickets, Batch 1711</b>	<b>2.7</b>
Beef	24
Pork	9
Poultry	4

