

## 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.

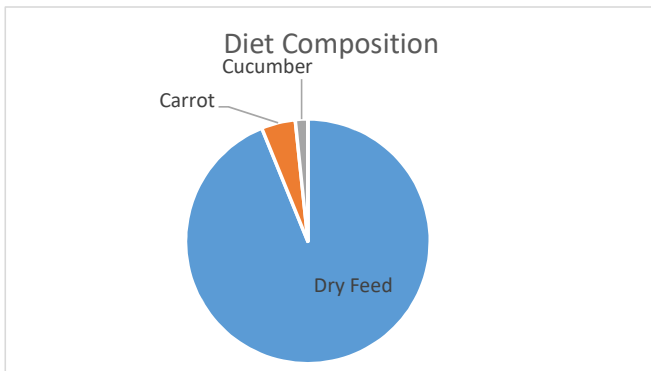
### How fresh are the crickets?

Batch # 1706  
 Hatch Date: 1/24/2017  
 Harvest Date: 4/25/2017  
 Age at Harvest (Wks) 13.0  
 Process Date 4/27/2017

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.

### 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.



#### 6% Fruit/Vegetable Feed

5% Carrot Fred Meyers' Organic Carrot  
 2% Cucumber Fred Meyers' Organic Cucumber  
 0% Potato Fred Meyers' Organic Russet Potato

0% Other Fruit

#### 94% Dry Feed

82% BarAle Organic 20% Chick Starter Crumble. Williams, CA  
 11% 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 1706</b>	<b>2.8</b>
Beef	24
Pork	9
Poultry	4