



ANT FEEDING SCHEDULE






 “FEED LITTLE AND OFTEN”

RULES


- Food goes in **OUTWORLD ONLY**
 -  Remove food after **2 DAYS**
 -  Small amounts only
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WEEKLY PLAN

 **GOLD RULE:** Never add new food without removing the old food first

MONDAY	→	 PROTEIN (<i>remove sweet</i>)
TUESDAY	→	 NO FOOD
WEDNESDAY	→	 SWEET (<i>remove protein</i>)
THURSDAY	→	 NO FOOD
FRIDAY	→	 PROTEIN (<i>remove sweet</i>)
SATURDAY	→	 SWEET (<i>+ seeds every 2 weeks</i>)
SUNDAY	→	 NO FOOD (<i>remove protein</i>)

PROTEIN (MONDAY + FRIDAY)



 Amount = **1 grain of rice size**

Choose ONE:


- Protein jelly
 - Cricket mash
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SWEETS (WEDNESDAY + SATURDAY)

Choose ONE:

-  1–2 tiny drops honey on cotton
- OR
-  Small fruit piece (e.g. half a grape)
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 Every 2 weeks → **SEED DAY**

 Count your ants

 Divide by 2

 That = number of seeds
