

# Ant Feeding Chart

A simple weekly feeding routine for a healthy, happy colony

## How often should I feed my colony?

Less is more. Most colonies thrive on small amounts a couple of times a week. Always remove uneaten fresh food after 24 hours to keep the setup clean and mould-free. Fresh water must always be available.

Food type	How often	Amount	Notes
<b>Sugar / carbohydrate</b> (ant honey, sugar water)	2–3 x per week	1 small drop	Their main energy source — keep it constant.
<b>Protein</b> (protein jelly, insects)	1–2 x per week	Pea-sized	Vital when there is brood (eggs/larvae).
<b>Seeds</b> (harvester species only)	Always available	Small pinch	For seed-eating ants such as <i>Messor barbarus</i> .
<b>Fresh water</b>	Always	Constant	Via the setup's water source — never let it run dry.

## Weekly tick sheet

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Sugar / honey</b>							
<b>Protein</b>							
<b>Checked water</b>							
<b>Removed old food</b>							
<b>Observed colony</b>							

## Golden rules

- Never overfeed — uneaten food causes mould.
- Remove fresh protein and fruit within 24 hours.
- A new colony with few workers eats very little — that's normal.
- Keep the colony undisturbed while it settles.