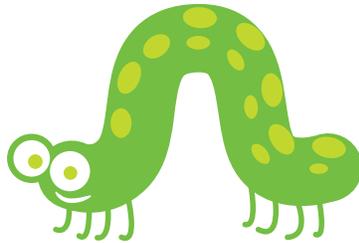


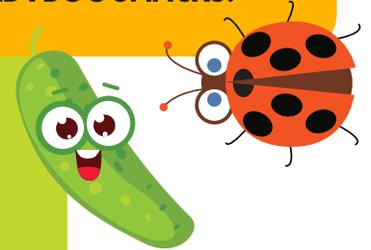
# CRAWL INTO THE WONDERFUL WORLD OF BUGS



TURN YOUR FRUITS AND  
VEGETABLES  
INTO EASY BUTTERFLY,  
CATERPILLAR, AND  
LADYBUG SNACKS.

Ingredients can vary but here are some of our favorites to help inspire you and your little ones:

- Vegetables: celery, cucumbers, cherry tomatoes, carrots
- Fruits: strawberries, grapes, blueberries, apples, raisins
- Spreads: hummus, cream cheese, seed butter, nut butter
- Extras: olives, chocolate chips, chickpeas, pretzels



Insects help maintain the ecological balance required for sustainable and successful gardening but did you know...

Caterpillars have 12 eyes?  
Butterflies taste with their feet?  
Grasshoppers existed before dinosaurs?  
Ants can lift 100 times their weight?  
Honeybees have hair on their eyes?  
Lady bugs are beetles?



Want more information and to learn why insects are so important to our environment?  
<https://www.earthday.org/wp-content/uploads/species/insects.pdf>