



Exceptional News

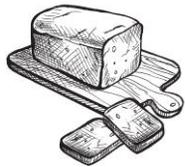
## Cricket Bread for Sale



By Janet Giel-Romo, Ed.D.



Copyright 2018 All Rights Reserved  
Austin and Lily Solutions  
Photo credit: Shutterstock license.  
[www.austinelily.com](http://www.austinelily.com)



NOVEMBER						
S	M	T	W	T	F	S
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



On November 23, a large company in Finland started selling a new type of bread.

The new bread is called cricket bread. It is made with crickets!



Crickets are insects. Most people think eating crickets is disgusting!



See a Cricket Farm:  
<https://www.youtube.com/watch?v=nWK3zNXePAs>

The crickets used in the bread are farm-raised in cages. The cricket farmers feed the crickets healthy food.



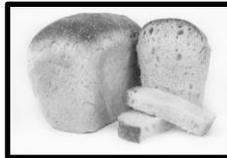
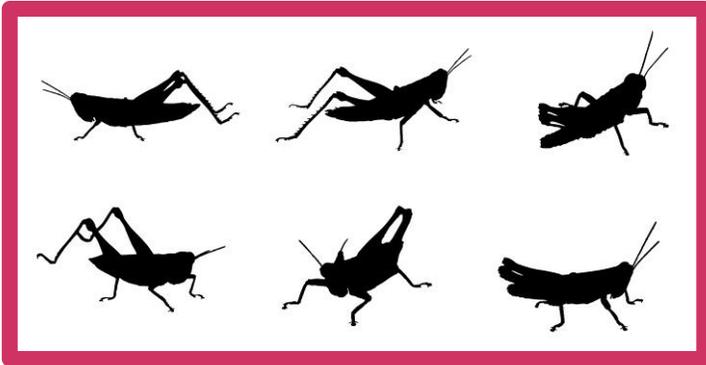
When the crickets are 7 weeks old, the cricket farmers freeze the crickets and sell them to a mill.



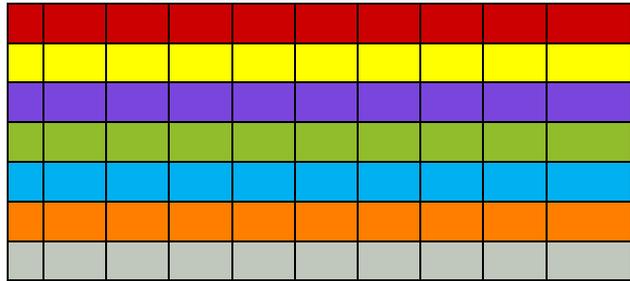
This powder is ground up crickets.



The mill grinds the crickets into powder. The powder is then sold to places that use cricket powder to make food.



Here are 70 squares.



Each loaf of cricket bread has about 70 crickets in it. Crickets are very healthy for people to eat.



Nutrition Facts	
Serving Size	1 Cup (53g/1.9 oz.)
Servings Per Container	About 9
<b>Amount Per Serving</b>	
<b>Calories</b> 188	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Potassium</b> 300mg	<b>9%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Soluble Fiber	
Insoluble Fibe	<b>4%</b>
Sugars 13g	
<b>Protein</b> 9g	<b>14%</b>
Vitamin A 0%	C 0%
Calcium 4%	10%
Phosphorus 10%	0%

The Finnish people think cricket bread is a good idea. Crickets have a lot of protein and iron.



Listen to Chirping Sound:

[https://www.youtube.com/watch?v=K8E\\_zMLCRNg](https://www.youtube.com/watch?v=K8E_zMLCRNg)

Cricket powder is getting more popular in the United States. One U.S. company makes chips with cricket powder. The chips are called chirps! Check out their website: <https://chirpschips.com/>



Copyright 2015 All Rights Reserved  
Austin and Lily Solutions  
[www.austinelily.com](http://www.austinelily.com)