

The Practice of Eating Insects and Arachnids as food

- Entomophagy is a regular part of nutritional diets on nearly every continent in the world!
- Entomophagy is a highly eco-friendly diet.
- Insects can be locally-sourced from here in Montana.
- Contact MCCHD for approved sources.

PROCLAMATION

WHEREAS, the October 2018 report entitled, "Special Report on Global Warming of 1.5°C" by the Intergovernmental Panel on Climate Change and the November 2018 Fourth National Climate Assessment report found that human activity is the dominant cause of observed climate change over the past century;

WHEREAS, climate change impacts food security through diminishing access to fresh water and a change in the distribution of arable land by exacerbating drought in the U.S.'s most fertile agricultural areas;

WHEREAS, entomophagy, the practice of eating insects, has many advantages that contribute to a sustainable food system;

WHEREAS, Montana is a leader in the agriculture industry, in that

1. Agriculture is consistently Montana's leading industry;
2. Montana Department of Agriculture allows insects in their definition of agricultural produce; and insect farming is an opportunity to sustainably expand Montana's agricultural sector.

THEREFORE, John Engen, Mayor of the City of Missoula, in the State of Montana, hereby recognizes Missoula as an "Entomophagic Friendly Community", and that Sunday, Sept. 15th, 2019 is declared as "Munch a Bug, Missoula Day", where Missoulians are encouraged to attend Sunday Street in Missoula, where they can participate in the Missoula City-County Health Department's Eat Smart program, try entomophagic food and learn about the climatological and nutritional benefits of an entomophagic option in their diets.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the great seal of the City of Missoula, in the State of Montana to be affixed at Missoula, Montana, this 9th day of September, in the year two thousand nineteen.



John Engen
Mayor

Nutritional table

Source	Protein g	Fat g	Calcium	Iron	Zinc	Potassium	Niacin	Magnesium	B ₁₂ (mcg)
Cricket	20.5	6.8	40.7	1.9	6.7	347	3.8	33.7	5.4
Mealworm	23.7	5.4	23.1	2.2	4.6	340	5.6	60.6	0.5
Waxworm	14.1	24.9	24.3	5	2.5	221	3.7	31.6	0.1
Soldier Fly Larvae	17.5	14	934.2	6.6	13	453	7.1	40	5.5
Silkworm	9.3	1.4	17.7	1.6	3.1	316	2.6	49.8	0.1
Cockroach Nymph	19	10	38	1.4	3.2	224	4.4	50	23.7
Earthworm	10.5	1.6	44	5.4	1.7	182	N/A	13.6	N/A
House Fly	19.7	1.9	76	12.5	8.5	303	9	80.6	0.6
Chicken, skinless	21	3	12	0.9	1.5	229	8.2	25	0.4
Beef, 90% lean, ground	26.1	11.7	13	2.7	6.3	333	5.6	22	2.1
Fish, Atlantic Wild Salmon	19.8	6.3	12	0.8	0.6	490	7.8	29	3.2

Who We Are

The Team

Approved entomophagy in Missoula is a collaborative effort between the Missoula Insectarium, Michael Dorshorst at Missoula City-County Health Dept. and the City of Missoula Energy and Climate Team, and the UM Global Leadership Initiative 2019 Capstone Project students Freya Sargent, Lily Chumrau, Charlotte Langner, Mary McCormick, and Ellen Sears.

Big "Thanks!" to Rebecca Morley, the Missoula City-County Health Dept. Eat Smart Coordinator for all her help.

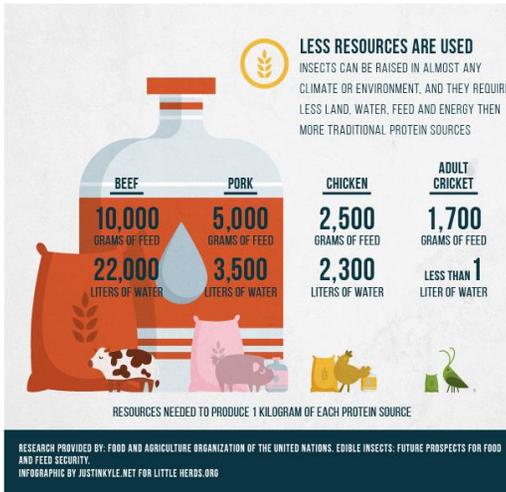
For more entomophagic information:

Contact Michael Dorshorst

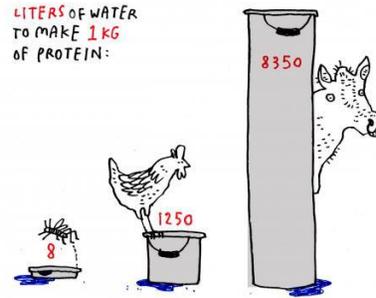
Phone: 406-258-4993

Email: mdorshorst@missoulacounty.us

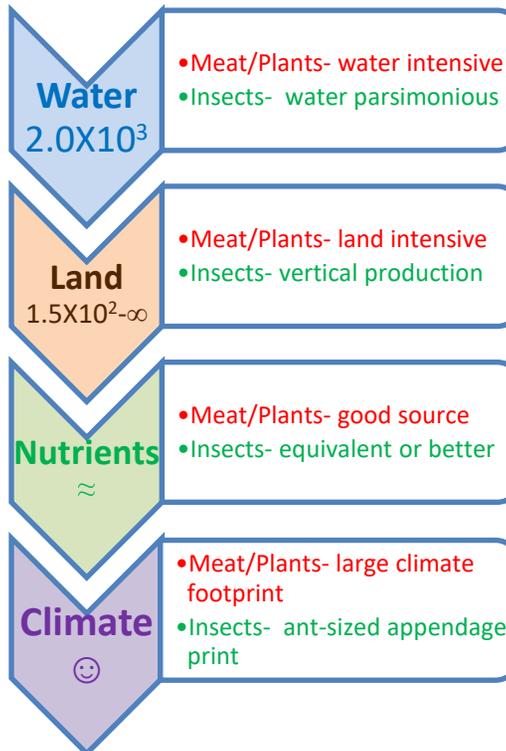




With a warming climate, the world is experiencing more acute fresh water shortages. An entomophagic diet uses less water to produce than other foods.



[Afull-bodied and nutty bouquet!]



"Eating insects is good for the environments and balanced diets."

Kofi Annan- former UN Secretary-General



Entomophagy (eating insects) has been around for tens of thousands of years. Though not common in the Western world, it is a diet enjoyed by at least 2 billion people across the globe. Here we explore tasty insect recipes and look at how these crawly creatures compare against other types of protein.

The Green Benefits

Not only are they a **healthy** alternative to meat, insects are far more **eco-friendly**. In fact, the UN has urged people to eat insects to help fight world hunger and reduce pollution because insects:

