

List of Insects Assessed to be Safe for Human Consumption

S/N	Order	Common name of insect	Life stage(s) permitted	Species name of insect
1	Orthoptera	a) House cricket	Adult stage only	<i>Acheta domesticus</i>
		b) Banded cricket	Adult stage only	<i>Gryllodes sigillatus</i>
		c) Common/field cricket	Adult stage only	<i>Teleogryllus testaceus</i> / <i>Teleogryllus mitratus</i> (<i>Gryllus testaceus</i>)
		d) Black/field cricket / Two-spotted cricket	Adult stage only	<i>Gryllus bimaculatus</i>
		e) African migratory locust	Adult stage only	<i>Locusta migratoria migratorioides</i>
		f) American desert locust / Desert locust	Adult stage only	<i>Schistocerca americana</i> / <i>Schistocerca gregaria</i>
		g) Grasshopper	Adult stage only	<i>Oxya japonica</i>
2	Coleoptera	a) Superworm beetles / Giant mealworm beetle / King mealworm	Larva stage only	<i>Zophobas atratus</i> / <i>Zophobas morio</i>
		b) Mealworm	Larva stage only	<i>Tenebrio molitor</i>
		c) Lesser mealworm	Larva stage only	<i>Alphitobius diaperinus</i>
		d) Whitegrub	Larva stage only	<i>Protaetia brevitarsis</i>
		e) Giant Rhino beetle grub	Larva stage only	<i>Allomyrina dichotoma</i> / <i>Trypoxylus dichotomus</i>
3	Lepidoptera	a) Greater wax moth / Honeycomb moth	Larva stage only	<i>Galleria mellonella</i>
		b) Lesser wax moth	Larva stage only	<i>Achroia grisella</i>
		c) Silk moth / silkworm	Larva & pupa stages	<i>Bombyx mori</i>
4	Hymenoptera	a) Western honey bee / European honey bee	Larva & adult stages	<i>Apis mellifera</i>

Note: African Migratory locust, American desert locust/desert locust, Greater wax moth/Honeycomb moth, Lesser wax moth and Western honey bee/European honey bee are strictly not allowed to be imported live as NParks have assessed them to be plant pests/invasive species.