

## Easy Banana Fly Food

Making fly food is simple and this is the simplest option. Banana food uses just bananas and yeast - things you can easily get from your grocery or corner store.



This recipe provides fly larvae with nutritious food similar to what they would eat in the wild. Take care to throw out older vials, since there's nothing in the food to prevent bacteria or mold from thriving, as well.

## Materials

### Grocery list

- Bananas - ripe enough for easy mashing but fresh with no brown spots. This is to ensure that no wild flies have laid eggs in your food!
- Yeast (active dry, packet or jar)

### Supplies

- Fork (or similar tool for mashing)
- Fly vials (or any small, transparent container)
- Plugs for vials
- Tissue paper

### Optional

- Banana extruder (e.g. piping bag or plastic zip top bag)
- Salt shaker (to distribute yeast)



## Protocol

1. Mash bananas, and place 1-2 cm banana mash in the bottom of your fly container.

*If you're making food in bulk, you can place bananas in a blender/food processor and pulse a few times - only enough to just break up the bananas without making super liquidy food. You can use a piping bag (or a zip-top bag, cutting a hole in one corner) to distribute banana mash among lots of vials more easily. Insert a nozzle with ~1/2 cm opening into the bag, fill it with banana mash, and extrude mash into the vials.*

2. Sprinkle a couple grains of yeast on top of the mash (use a salt shaker for easy distribution).
3. Fold a small piece of tissue paper or paper towel and stick it into the mash on one side of the vial to soak up extra moisture and to provide a scaffold for larvae to crawl up when they pupate.
4. Plug the vials with porous plugs (e.g. cotton)

