

# Certified: Ate a Bug

This is to certify that

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has discovered and experienced the benefits of adding bugs to our diet.

Date of Issue:     /     /

**Let it be known by all...** Insects are an ancient and natural protein source packed with beneficial vitamins and minerals. Raising insects uses significantly less land, water, and feed compared to raising traditional livestock. Insects can be raised humanely in high volume by just about anyone anywhere in the world using low-tech equipment.

**Good for Us  
Good for the Planet**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

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