**Sampling Provisions**

Lab Safety

*Required PPE*

* Gloves
* Googles
* Lab coat

Sampling the provision microbiome

*Materials*

* Provisions
* Fine-tipped sharpie
* DNase spray
* 70% ethanol
* 5% bleach
* Sterile beakers
* Dissecting needle
* Sterile microcentrifuge tubes
* Scale (measure in milligrams)

*Methods*

1. Sanitize the biosafety fume hood with DNeasy spray and 70% ethanol.
2. Sterilize a dissecting needle by submerging them into 70% ethanol and then 5% bleach.
3. Label one microcentrifuge tube for each provision.
4. Weigh each microcentrifuge tube.
5. See methods in “Measuring bee life-history and health” for the next steps in processing larvae.
6. Using the sterile dissecting needle, push each provisions into the correspondingly labeled sterile microcentrifuge tube.
7. Repeat steps 2-5 for every sample.
8. Re-weigh provision material. Use the difference in provision weights initially allocated and once bees had reached the fifth instar to determine the rate of consumption.
9. Immediately freeze samples until you are ready for DNA extractions.