



All About Enrichment

A Bored Dog is a Naughty Dog

Dogs need mental and physical stimulation. If you don't supply an appropriate outlet, your dog can find countless ways to entertain himself. Chewing the coffee table down to stubs, digging up the petunia bed, engaging in lengthy tail-chasing sessions, shredding your clean, nicely folded laundry into miniscule rags, or barking and howling at noises real or imagined will all seem to your dog like great ways to pass the time.

Work-to-eat toys are a fantastic and simple solution for any pooch suffering from canine cabin fever. Even domesticated dogs are hunters and scavengers, hardwired to work for their food though it may simply mean sniffing out some scrumptious treasure. Merely dropping food into your dog's bowl leaves him with a whole lot of excess energy to burn. Work-to-eat toys are an easy way to put that energy to proper use.

There are many toys on the market designed to suit this very need, Kong toys, Tug Jugs, Kibble Nibbles, and Buster Cubes being just a few. With all these toys the idea is the same—put food inside something and let your dog figure out how to remove it. With this concept in mind, the possibilities to make your own work-to-eat toys using common household items are endless. To design your own toy, first observe

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your dog's play style. Does he like to rip out all the filling from his stuffed animals? That means he's a hunter. Try packing a tissue box with a mixture of cotton batting, rags, paper, and kibble. Does your dog have a keen nose, or sometimes help himself to leftovers in the garbage can? He's a scavenger; simply hiding treats in uncommon places around the house will keep him busy all evening.

Getting a little creative with your dog's feeding will pay off in a big way on days when he can't make it outside to romp around. Not only will it give him a constructive activity that doesn't involve your favorite curtains, but you might find yourself with a new hobby!



It may surprise you that your dog's food bowl is not an essential item.



Taking advantage of meal time can be as simple as swapping a toy for the bowl.



Stuff several Kongs at one time then freeze them. Frozen Kongs take longer to consume.



This happy pup is enjoying his breakfast served "Kong Style."

Recyclable Enrichment

- 🐾 Paper Towel Rolls
 - 🐾 Toilet Paper Rolls
 - 🐾 Tissue Boxes
 - 🐾 Egg Cartons
 - 🐾 Cereal Boxes
 - 🐾 Plastic Bottles
 - 🐾 Paper Bags
 - 🐾 Coffee Cup Tray
- (Ensure your dog does not ingest any plastic!)

Tantalizer

Place a little morsel of freeze-dried liver, hot dog, cheese, peanut butter, or other high-value snack into the little hole at the top of the Kong.

Dessert

Fill approximately one-third of the Kong cavity with doggie treats such as biscuits or marrow bites.

Main Course

The next two-thirds with dry or canned dog food. Bookending it with some food roll and/or peanut butter can help sweeten the pot even more for your dog.

Appetizer

Finally, leave a tasty tidbit sticking out of the opening. The easy start will provide immediate payoff and entice your dog to “get serious” about starting off the job.



Take Your Kong and Stuff it!

Try these Kong Recipes. You'll surely find one your dog goes bananas for!

Banana Rama

1 fresh banana • 2 tbs wheat germ • 1 tbs plain yogurt

In a bowl, mash up banana. Then, add wheat germ and yogurt. Mash all ingredients together and use spoon to add to Kong. Freeze for 4 hours. Makes 1 serving for Medium Kong. Double for every Kong size that is bigger.

Frozen Jerky Pops

Peanut Butter • Jerky strips • Bouillon • Water

Smear a small amount of peanut butter over the small hole in your Kong. Fill with cool water and add a pinch of bouillon. Place jerky strip inside the Kong and freeze!

Simple, Tried, & True

Peanut butter • Peanut butter • More peanut butter

Smear peanut butter inside the cavity of your Kong toy. It's that easy!

Mac 'N Cheese

Leftover mac & cheese • Small cube of Velveeta

Melt Velveeta in microwave until gooey. Add mac 'n cheese to Kong toy. Pour heated Velveeta into Kong. Make sure it has cooled before giving to your dog. So good you'll want it for yourself!

Philly Steak

Steak scraps • 1 ounce cream cheese

Place scraps of steak inside Kong toy. Spread cream cheese in large hole to hold scraps. Your dog will think he's at Geno's in Philadelphia!

Important! Use Kongs Safely!

Your dog's safety is your responsibility. Always supervise your dog's use of Kongs until you are confident they can be used safely without you. If your dog has special diet restrictions, adjust recipes accordingly.

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