

FOOD ACTIVITIES



There are a variety of ways to feed your dog that will stimulate them both physically and mentally. Feeding out of a bowl is not very stimulating or time consuming. It only takes a few minutes to finish off their dinner and then they're looking for something else to do. So why not give them something more interesting to do with that food? Below are some ideas on how to use food to help your dog burn off some of their energy.

KONG STUFFING

A Kong is a great way to feed your dog. They must work to get their food, which gives the dog something to do for an extended period of time – stimulating them both physically (chewing) and mentally (figuring out how to get what they want).

Stage One

Start out easy by stuffing the Kong with loose kibble. If your dog likes such foods as carrots you can also add chunks of these to the mixture.

Seal the small hole with something yummy, like cheese or freeze-dried liver. Fill the Kong with loose kibble and seal the larger hole with cottage cheese, peanut butter, or canned dog food. When your dog gets the idea start making it harder to extract the food.

Stage Two

- Wet the kibble with water or broth until it's slightly mushy before placing it in the Kong. Seal the holes as above.
- Mix the kibble with a little peanut butter, cottage cheese, or canned dog food before placing it in the Kong. Seal the holes as above.

Stage Three

- Wet the kibble with water or broth until it's slightly mushy before placing it in the Kong. Freeze the Kong to make it even harder. A Kong fits nicely in a coffee cup, which is easily placed in the freezer. Seal the holes as above.
- Mix the kibble with a little peanut butter, cottage cheese, or canned dog food before placing it in the Kong. Freeze the Kong to make it even harder. A Kong fits nicely in a coffee cup, which is easily placed in the freezer.

Enter discount code **Dawgs5** for a 5% discount on Kongs at petexpertise.com/dawgs
Another good site for great deals is petedge.com



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STERILIZED BONES

A similar method to Kong stuffing is to stuff treats in bone for your dog to extract.



KIBBLE HIDE & SEEK

Take some of your dog's kibble and throw it out on the lawn in your backyard. Your dog will then have to "hunt" for their food.

DUNK FOR CUBES

This one's for a hot day. Fill an ice cube tray with broth and freeze it. You can also add a bit of cookie or chunk of carrot in each cube to give it a surprise center. Ideally, use a small wading pool filled with water and throw a couple of broth cubes into the water. Not only will your dog have fun trying to get the cube, they'll enjoy a cool refreshing treat.