

Introducing Your Cat To The Honest Kitchen

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What to Expect

With some cats, the introduction is easy and they love our food right away, and others end up in a battle of will with their owners – they're creatures of habit and have quite particular opinions on things, after all! To start, you can use our feeding guidelines [here](#) (also charted on the back of your food box). Any unused portions can be placed in the refrigerator for up to 3 days.

If the Food is a Hit

Great! You're ready to start introducing more amounts of Honest Kitchen into their diet. Use the feeding guidelines or adjust as needed, unless you feel that you should slowly increase the amount.

If the Food is *Not* a Hit

Don't fret! Here are a few tried-and-tested tips for transitioning your picky kitty to a new diet:

- **Go slow.** Cats seem more averse to change than dogs, so we recommend hydrating very small amounts (half teaspoon portions) of THK initially, and adding this to their current food. Then, gradually increase THK food each day over a period of weeks.
- **Vary the amounts of water.** Cats have their preferences, and because they are such tactile creatures, you should play around with the water content – adding more if they enjoy soupy meals or using less water if the preference is a tacky consistency. Keep in mind that adding too much water can dilute flavor and turn your kitty off.
- **Add enticements.** Cats are also led by their keen sense of smell, so including some savory foods like bits of meat, cottage cheese, yogurt, raw or cooked egg can help during the transition. Variety is the spice of life, so mix it up! Rehydrating the food with unsalted broth or clam juice can be particularly effective.
- **Trick them.** Sometimes it's necessary to coax your cat to try something new with a mind game. We've heard much success with this one! Hydrate the food and then dip the cat's paw into it. Since cats want to be clean, they will lick their paw – and in the process become more accustomed to the taste and tastiness of THK food!
- **Changing their feeding schedule.** If your cat is used to grazing at will with a bowl of dry food, start by feeding only two times per day, leaving the food out for about 30 minutes each time. Pick up the leftover food, refrigerate and serve to them at the next feeding time. Healthy animals can fast for a day at a time with no harm so don't worry if they miss a meal.

Tips From The Honest Kitchen Community

My cat [Quiz](#) did not like THK at first but I found that adding small amounts of THK to what I knew he liked really worked. Now THK is his favorite meal and we haven't looked back. If you have a similar success story, I welcome you to post about it in the comments section below to help others out!