



# Enrichment Guide for Shelters

*Updated April 2019*

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## Overview & Purpose

*Enrichment* is the process -- not a one-time event -- of creating a more positive, productive experience for the animals in the shelter. Enrichment for shelter animals is designed to support their sensory and social needs in order to help reduce boredom, stress, and undesirable behaviors. Reducing stressors in the shelter environment can aid in preventing illness and stress-induced behavior problems.

Unhappy, frustrated, or bored animals will not show well in their kennels and potential adopters will be deterred by their stress-induced behaviors. Enrichment helps to counter these behaviors by making the animals' environments more stimulating and challenging through the use of toys, puzzles, sensory games, and any other novel experiences, such as playgroups. When the animals are healthier and happier, they will get adopted faster! Enrichment, at its very core, aims to help animals remain emotionally resilient until they find their adoptive homes!

## Feed the Senses

Just like humans, animals have five senses. Here's how to address each one:

### **Sound (Auditory)**

Cats can hear a frequency of 100,000 hertz as opposed to their canine counterpart that is receptive to a range from 35,000 to 40,000 hertz. Humans are totally out of their league with 20,000 hertz. A shelter is filled with stressful sounds. Dogs barking, outdoor traffic, thunderstorms, people, etc. Providing breaks from the stressful sounds can be very beneficial!

### **Smell (Olfactory)**

A human has about 5 million scent glands whereas dogs have 125 million to 300 million (depending on breed), and cats approximately 200 million. Shelters not only smell like other animals, but are often full of chemical odors and surrounding smells. Giving them something different and pleasant to smell everyday can increase their happiness!

### **Sight (Visual)**

It is difficult to construct a "natural" or home-like environment at the shelter. Our kennel barriers and treat buckets can really help pets who are overwhelmed visually. Always feel welcome to toss treats to dogs with the treat buckets hanging on each kennel. Our dog volunteers are able to take our dogs for outings to different locations! We also offer

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our “Real Life Room” where the dogs can spend time in a mock living room with a TV and comfy couch!

### **Touch (Tactile)**

Just like in humans, touch can be very calming and beneficial. We have cat, dog, and small wonders volunteers who take the time each day to really provide the one-on-one contact our shelter pets crave. Handing out enrichment with different textures and textiles can help, especially for puppies and kittens who are just learning their environment!

### **Taste (Gustatory)**

We mainly feed Science Diet dry food for all our animals. Just like humans, a variety of treats can be exciting and healthy!



# Canine Enrichment

**IMPORTANT NOTE: Dogs should NOT be permitted to have peanut butter products that contain the ingredient Xylitol. Check all peanut butter products for this ingredient before use in the Enrichment Program.**

## **KONGs**

A Kong is a sturdy rubber, dome-shaped toy that provides stress-relief through chewing and reward from the food placed inside. All special diets should be considered before making this treat. Mix kibble, treats, or other approved food items inside the KONG toy. Once the KONG is stuffed, it may either be frozen and issued at a later time, or issued directly to the dogs.



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## Puzzle Feeders

Puzzle feeders come in a variety of shapes, sizes, colors, and difficulties! These toys provide valuable enrichment for dogs that eat quickly or need a challenge to entertain them throughout their day. Puzzle feeders may be filled with dry kibble or dry treat items. Wet food items are difficult to clean from these feeders and are not easily sanitized. They may be issued directly to the dogs once stuffed.



## PVC Pipes

PVC pipe toys provide a challenge for strong chewers! They should only be filled with dry food and treats, as they are more difficult to clean and sanitize. You may seal a PVC pipe toy with a small portion of wet food to make it more challenging, but try to keep the wet food on the *outside* of the toy.



## Cardboard Boxes and Tubes

Cardboard toys such as cereal boxes, paper towel rolls, and paper bags provide an outlet for a dog to intentionally tear something to shreds! This is an excellent option for dogs that frequently tear their toys. These can be



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made into a homemade puzzle feeder or just something different to smell and enjoy! Place dry kibble or some treats into the box, bag or tube and issue. You can also add a spritz of perfume or dash spice to these items for something different to smell! Please don't combine food, perfumes, and spices together. These should be used one at a time.

## Bubbles

Do you remember playing with bubbles as a kid? Our fur-kids want to play with them too! Bubbles provide fun visual stimulation and there is no prep-time involved!



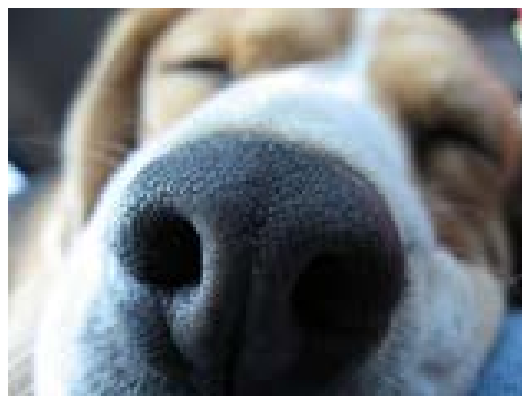
## Flirt Pole

A dog toy “flirt pole” acts as a doggy-proof toy wand! The pole can be made of a variety of products including PVC pipes for large dogs and wooden sticks for small dogs. A string or rope should be sturdily attached to the end of the pole. At the end of a string, you may tie a toy to the end. This allows a handler to play with a dog and toy, while keeping the dog away from their body. This is especially helpful when interacting with energetic dogs prone to jumping. Once made, flirt poles may be used for enrichment and stored in the Enrichment Room or yards.



## Scents

Stimulating a dog's nose through scent can be valuable (and easy) enrichment! Scents such as lavender or canine pheromones encourage relaxation and provide something for a dog's sniffer to sniff! You may spray down a blanket or towel with perfumes or herb spray to provide this form of enrichment. Remember that a dog's sense of smell is very strong! Only use a spritz or two of scent for this enrichment item.



## Fabric Toys

Cut piece of old denim, other fabrics, or towels into strips. Place a treat in the middle and tie a knot around the treat! Durable fabric is great for ripping and tearing.



## Busy Bucket

Fill an empty water bucket or other small pail with things to do, smell, and taste. Pack each item tightly into the bucket so that it will be a challenge for the dog to remove them. Some ideas for bucket items: a stuffed kong, a beef-broth soaked rag, a ball, a water bottle, or PVC pipe with a few treats, etc.



## Ice Treats

Fill the ice cube trays or food bowls to freeze! You can use water or chicken, beef, or veggie broth as the base. Add kibble, treats, peanut butter, yogurt, fruits, OR veggies to make this activity



exciting! Please place ice treats in another container such as a bowl to prevent pests from becoming attracted to the melting treat.

## Muffin Tin Game

Fill a muffin tin with a few treats in some of the inserts. Add tennis balls or assorted toys in each slot. Now the pup has to use their sniffer to sniff out the treats!



## Snuffle Mat

Take a plastic or rubber mat and tie pieces of fabric around each hole. The bigger the pieces, the more fabric there is to look through! Throw a few treats onto the mat and let the dogs “snuffle” through the fabric to find them. Once made, these can be stored in the Enrichment Room.



## Rope Toys

Take rope, sheets, t-shirts, towels, or any fabric to make fun rope toys for our dogs. Create tight braids, rings, and other fun shapes!



## Spin the Bottle

With a little bit of craftsmanship, you can make a fun spin the bottle game for our pups! Fill the plastic bottles with dry food and treats for the dogs to bat at!



## Homemade Treats

Use one of our many homemade dog treat recipes and bake away! You can bake from home or use the oven in the Palestra Center to make these enrichment items. Have a new recipe to add? Share your recipe with the Volunteer Coordinator for approval! You can find approved recipes in the back of this guide.



## Kennel Exercises

How a dog presents themselves in their kennel makes a huge difference in the adoption process. Most adopters look for a calm, quiet dog that will greet them at the kennel door. Dogs that are hiding, jumping, or barking can appear to have “behavior problems” or appear not as friendly as others. These simple kennel exercises for desired behavior can greatly improve a dog’s kennel presence! Each dog has a treat bucket on the front of their kennel. Feel free to use these treats or your own and reward each dog that is quiet in their kennel. You can reinforce this behavior with a solid “YES!” Treat each dog that is showing calm behavior in the kennel. Meaning, they have all four paws on the ground. Reinforce this behavior with a solid “YES!” Bonus points if the dog can sit! We do not scold dogs for undesirable behaviors like barking or jumping, but rather just ignore that behavior.



## Puppy Play and Socialization

Puppies are very impressionable and need a ton of socialization and enrichment in the shelter environment to set them up for success as adults! What our puppies experience at the shelter during their prime socialization period will directly affect how they perceive the world around them as adult dogs. Making these

interactive toys exposes puppies to tons of different textures and noises. Use PVC piping as your base, then add different things that puppies can move through, chew on, and play with! Attach everything with string or rope.



## Sounds

Any type of calming and soothing sound can help with the loud, outdoor shelter environment. Studies have shown that classical music and audiobooks provide stress-relief in the kennel environment. Simply talking to the dogs can help them feel safe and calm. Feel free to grab a chair, a book, and read aloud to our pups!



## Mirror Play

Sometimes a dog seeing themselves in the mirror can be enriching in and of itself! Hold a mirror to a dog's kennel to see how they react! *Note: Discontinue this form of enrichment if the dog appears agitated, frustrated, or begins barking at the mirror.*



## Paper Mache

To make the paper maché paste, simply mix together 1 part flour to 2 parts water. Mix well to remove any lumps. Then, dip a strip of newspaper into the mix, run your fingers over it to remove excess paste, and lay the strip across a blown up balloon. It's best to put on MULTIPLE LAYERS of strips in order to assure your item is sturdy. Leave an opening where the balloon is tied. Hang up to dry (Lay newspapers under as they dry to catch all drips.) Allow your creation to dry for 12-48 hours. It will feel stiff and not sticky when it's ready. Then



you can paint it if you'd like. **Paint only with non-toxic TEMPERA paint.** Once dry, pop the balloon and remove. Add some treats and distribute!

## Treat Bomb

Large boxes can be made into a bomb of treats! Smear wet food or peanut butter on the inside of a box and add a variety of different treats!



## Holee Roller

Holee Rollers are a great dog enrichment item, especially when filled with treats! Take strips of fabric and fill the hollee roller. Add a treat or two to the middle of the ball! Now, they will have to find the treat strip by strip!



## Cup Stack

Using reusable stacking cups can be a unique puzzle feeder! Add a treat or two to each cup and stack! Please do not use styrofoam cups.



## Hanging Treat/Toy

Using a bungee cord or approved rope/string products, suspend a puzzle feeder from the ceiling of a kennel. The puzzle feeder at the end of the cord can be anything from a plastic jug with holes in it to a large cardboard box! Fill the puzzle feeder with treats before assembling in the kennel. Please note that staff will need to remove the dog from their kennel before you install this enrichment item.



## Treat-filled Stuffed Animals

Remove the stuffing, beads, plastic eyes and noses from a stuffed animal toy. Fill the toy with treats, then issue!



## Lickimats

Use a silicone mat or even a frisbee. Smear some peanut butter on the mat and hang up on the kennel using a carabiner for the dog to have some fun!

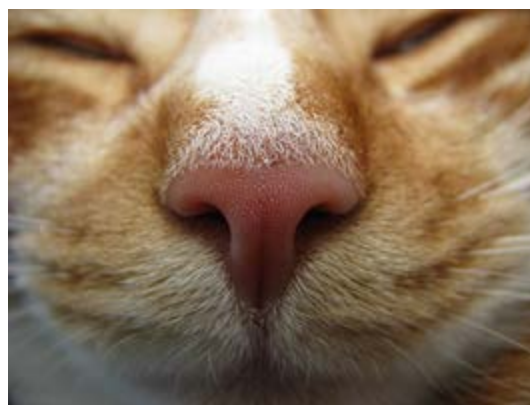


# Feline Enrichment

**IMPORTANT NOTE:** Cats should **NOT** be permitted to have *Essential Oils* products for enrichment due to safety concerns.

## Scents

Catnip infused toys or regular toys sprayed with a perfume or herb spray provide a fun enrichment item for cats! Simply provide these specific toys in a cat kennel on a daily rotation or spray a toy with this scent. You can also spray a scent on the cats' linens or cat trees. Remember that a cat's nose is very strong and to only spray one or two spritzes of this enrichment item.



## Cardboard Boxes

Cats adore their boxes! Whether it be the cereal or shoe kind, boxes provide endless fun for our feline friends. Issue new boxes to cats in their kennel to complete this enrichment item. Get creative by combining boxes to make "Kitty Castles" and tunnels!



## Wand Toys

Engage cats by moving these fun feather wand toys at random! This may be done through the kennel gate or inside the kennel itself. Make your own using a dowel and string! Mix and match the toy(s) on the end. You can leave it as just string or add feathers, bells, stuffed toys, etc to make it even more interesting.



## Bubbles

Catnip bubbles (premade) or regular bubbles may be blown near a cat to engage him in play! These provide a fun game and also stimulate the cat's senses.



## Paper Tubes and Bags

Use these everyday paper products to make something fun! By adding a pinch of spice to these items, it can make a cat's senses go wild! You can use, catnip, cinnamon, mint, Italian seasoning, etc. **Avoid anything spicy.** Even if the cat doesn't seem to necessarily enjoy the item, it adds a novel scent to their kennel which is enriching.



## Mirror Play

Sometimes a cat seeing themselves in the mirror can be enriching! Hold up a mirror to one of our cats and see how they react. This can be a lot of fun in our kitten room rooms!



## Cardboard Scratcher

Cut cardboard into strips. Roll the cardboard to make one large circle scratcher. Use hot glue to seal. Use wrapping paper or colored paper to decorate the outside.



## Catnip Toys

Cut fabric into squares. Add a pinch of catnip to the middle. (You can also use stuffing to make the toy larger.) Wrap fabric around the catnip and stuffing then tie off the top. Add feathers, bells, or pipe-cleaners to make the toy even more fun! Small socks are great for these toys -- just stuff and tie!



## Lava Lamps

Fill a water bottle a little over half-way with vegetable oil. Fill the rest of the bottle with water until about one inch from the top. Add 10 drops of food coloring. You can also add some glitter for extra pizzazz! Break Alka-Seltzer



tablets into quarters. Add one piece at a time and watch the lava go! Be sure to wait until the bubbles settle to add another piece of Alka-Seltzer or the bottle can become cloudy.

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## Cat and Mouse

Use plastic Easter eggs and fill with a few beads or bells. Glue feathers or pipe-cleaners to the bottom. Seal the egg with glue or tape and watch the cats play!



## Puzzles

Be creative! Use boxes, tubes, containers and fill with different toys, treats, nip, and kibble. Always remember to use glue to seal items. **Do not use tape, staples, or rubber bands.** If you are cutting into plastic, ensure that all rough edges are filed smoothly.



## “Head in Hole” Photo Ops

Have some FUN! Cut a hole in the side of a large box and watch the cuteness unfold! Make sure the hole is large enough for the largest cat in the kennel. Add cute slogans like “Adopt Me!” and snap a picture or two to share with the Development Team for social media! Sometimes the perfect picture is all it takes to bring an adopter in through the door.



## No-Sew Cat Hammock

Using PVC pipes and fabric, you can create a no-sew cat hammock! Measure the blanket around the top section of the PVC piping and tie off each side.



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## Laser Pointer

Playing with a laser pointer in a cat kennel can be fun enrichment with no prep-time! Grab a laser pointer and head on over to play with our cats!



## Sounds

Any type of calming and soothing sound can help with the loud, outdoor shelter environment. Studies have shown that classical music and audiobooks provide stress-relief in the kennel environment. Simply talking to the cats or playing music for them can help them feel safe and calm. Feel free to grab a chair, a book, and read aloud to our kitties!



## Ice Treats

Fill the ice cube trays or food bowls to freeze! You can use water, tuna, or tuna juice for the base. Add kibble, treats, or fruits to make this treat exciting! Please place ice treats in another container such as a bowl to prevent pests from becoming attracted to the melting treat. **Cats are lactose intolerant. Do not use any dairy products for this enrichment item.**



## Pipe Cleaners

Pipe cleaners are great fun! Spin them into spirals or decorate the wall of a cat kennel with them for this enrichment item. You can even give them a quick spritz of catnip for an even more valuable toy!



## Paper Mache

To make the paper maché paste, simply mix together 1 part flour to 2 parts water. Mix well to remove any lumps. Then, dip a strip of newspaper into the mix, run your fingers over it to remove excess paste, and lay the strip across a blown up balloon. It's best to put on MULTIPLE LAYERS of strips in order to assure your item is sturdy. Leave an opening where the balloon is tied. Hang up to dry (Lay newspapers under as they dry to catch all drips.) Allow your creation to dry for 12-48 hours. It will feel stiff and not sticky when it's ready. Then you can paint it if you'd like. **Paint only with non-toxic TEMPERA paint.** Once dry, pop the balloon and remove. Add some treats and distribute!



## Playbox

To make this fun play box for cats, select a cardboard box, string, and empty plastic bottles. Poke holes on the top of the box, then tie the water bottles to they dangle. Cats will have a blast playing in and around this toy!



## Cat Kicker

A cat kicker toy allows the cat to use both front and back claws as they play! Cats love to kick with their back feet while playing, also known as “bunny-kicking”! Use a cardboard tube and put into a large sock. Add catnip and tie off the sock!



## Cat Cave

Cover a large box with an old tshirt! Tuck in the sleeves and voila! A DIY cat cave!



## Wine Corks

This is an easy form of enrichment! If you are a wine drinker at home, don't toss those wine corks! Those are valuable forms of Enrichment that cats LOVE! Feel free to bring in your stash and hand out to our feline friends. Feel free to add a little pizzazz to the corks by adding a feather or pipe cleaning to the ends!



## Cardboard Cat Tree

Cut large cardboard pieces and hot glue as a strong base. Use a wooden dowel for the center. Cut small square cardboard pieces and stake on the wooden dowel until tall and sturdy. Use hot glue to assemble.



# Small Animal Enrichment

## Treat Guide for Small Animals

**Important: Be mindful to ONLY use these approved treats for each specific small animal.**

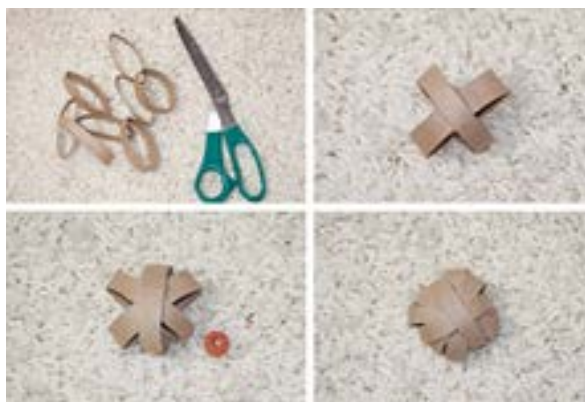
<b>Rabbits</b>	Mustard or collard greens, raspberry leaves, strawberry tops, celery, basil, cilantro, alfalfa sprouts, cabbage, kale, carrots, broccoli, green peppers, dandelions, radish tops and greens.
<b>Rodents</b>	Cheerios, fresh lettuce, oatmeal, broccoli, whole wheat bread, and fresh fruits.
<b>Guinea Pigs</b>	Fresh lettuce and parsley. <u>More sparingly</u> , kale, carrots, spinach, zucchini, sweet potatoes, orange (with peel), apples, beet greens, blueberries, and small slices of banana.
<b>Hamsters/Gerbils</b>	Cauliflower, apple slices, raisins, soybeans, peas, wheat, carrots, beets, minimal seeds. Less frequently, hard treats for dental health, such as small milkbones, fruit-tree branches and commercial chews.

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<b>Ferrets</b>	High-protein treats, such as fresh turkey, chicken, or freeze-dried meats. <u>No fruits or veggies.</u> Vitamins such as Ferrovite also make great treats!
<b>Sugar Gliders</b>	Sweet potatoes, cantaloupe, apples, pears, lettuce, and hard boiled eggs.
<b>Chinchillas</b>	Unsalted sunflower seeds, nuts, dried (no sugar added) bananas, cranberries, peaches, raisins, figs, and hazelnuts. <u>Treats given sparingly.</u>
<b>Hedgehogs</b>	No raw foods! No milk, nut, seed, or large/hard foods. Any veggie or fruit items listed can be fed as treats.

## Food Puzzles

Use cardboard tubes and boxes to make puzzle feeders!



## Obstacles and Exercise Equipment

Rotate "old" obstacles and issue "new" obstacles to our small animal friends for valuable exercise and enrichment!



## Ice Treats

Place small amounts of (approved) treats into an ice cube tray. Fill with water, then let freeze. Label each ice cube tray according to the treat contents. Once frozen, issue to the appropriate small animal cages.



## Hide-and-Seek

Hiding treats around our small animal habitats can spark a fun game of hide-and-seek! Enrichment is provided as they smell and search for the new goodies throughout the day.



## Snuffle Mat

Take a plastic or rubber mat and tie pieces of fabric around each hole. The bigger the pieces, the more fabric there is to look through! Throw a few treats onto the mat and let the bunnies “snuffle” through the fabric to find them. Once made, these can be stored in the Enrichment Room.



## Hiding Places

Take a big box and **remove the top and any tape or staples**. Cut doors big enough for the animal. Add paper, wrapping paper, shredded paper, or fluff and let them explore! Add a few veggies or treats in the box for some extra fun!



## Hanging Treats

Hang treats, greens, and hay in a variety of ways! Using paper towel rolls, a slinky, or clothes pin and string. Always make sure you are using string that is safe to chew on. **Do not use any tape, rubber bands or staples.**



## Bobbing for Treats

Fill a bowl with water then sprinkle some treats on top! Frozen peas work well for this game.



## Bunny Mat

Fill the bottom of a cardboard box with strips of cardboard! This allows the bunny to shred, dig, and play with the mat!



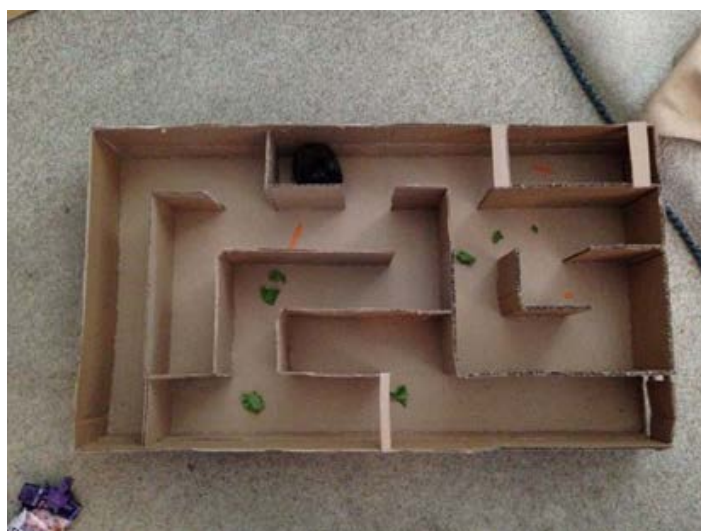
## Jungle Gyms

Create jungle gyms for our small friends! Even if it is too large to fit in their cage, having exercise equipment for when they're out of their cage is wonderful! Using material such as wood, cardboard, drain tubes, PVC pipes, felt, and paper you can make tunnels, hiding holes, and things to jump on or over. Once made, these items can be stored in Small Wonders or in the Enrichment Room.



## Rodent Maze

Create a maze for our tiny furry friends! Change the difficulty with each maze you assemble. You can add dead ends, tunnels, treats, and ramps! Assemble this item with glue. Scatter treats and you're good go!



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## Sounds

Any type of calming and soothing sound can help with the loud shelter environment. Studies have shown that classical music and audiobooks provide stress-relief in the kennel environment. Simply talking to the small wonders can help them feel safe and calm. Feel free to grab a chair, a book, and read aloud to our little friends!



## Bunny Paper Mache

Follow the diagram for instructions:

Blow up a small balloon and place it on a stand (like a cup or the lid of a candle).

Take a roll of toilet paper, make a bunch of it wet, and plaster it all over the balloon. You are creating a bowl, so leave an opening on one side. After the initial paper is attached, it may be easier to wrap the paper around the balloon and then sprinkle water over it. Either way, you need a lot of toilet paper (maybe half a roll).

Now let it dry. It takes about two days (after a few hours you can remove the balloon) and a hair-dryer might speed the whole thing up.

Now put some hay in it and add a few of your rabbit's favorite dry treats as well. Your rabbit will love it! Because of its shape, the bowl is like a roly-polly toy and always stands back up. The paper is harmless if your rabbit tears it up, but if it outright eats it, better take it away. Have fun!



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# Bird Enrichment

Birds require advanced enrichment for their emotional wellness during their stay at a shelter. Birds can receive a rotation of items just like our furry friends including puzzle feeders, hanging toys, mirrors, music, laser pointers, obstacles, and boxes! **Always make sure to avoid staples, rubber bands, and tape.**

## Food and Treats

- Seeds
- Pellets
- Green leafy vegetables
- Carrots
- Broccoli
- Beets
- Asparagus
- Cabbage
- Sweet potato
- Squash
- Cooked corn
- Beans
- Apples
- Pears
- Melon
- Kiwi
- Berries
- Grapes
- Oranges
- Hard-boiled egg
- Whole wheat toast
- Cooked pasta
- Cuttle bones



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# Recipes

## Recipes Approved for Dogs

### Fruit Freezy

#### Ingredients:

- Fruit (watermelon, blueberries, or bananas)
- Ice cubes

#### Directions:

Blend them together until smooth or freeze chunks of watermelon in water. Pour the mixture into a freezer safe container or toy like a KONG. Let treat freeze before issuing.

### Bahama Mama

#### Ingredients:

- 1 cup unsweetened shredded coconut
- 1/2 cup pineapple
- 1 cup granola (make sure it doesn't have raisins)
- 1/2 cup peanut butter

#### Directions:

1. In a large bowl, mix the dry ingredients together.
2. Add wet ingredients and continue mixing until fully incorporated.
3. Mixture can be spooned into a Kong toy as is, or rolled to form logs.
4. Freeze mixture for a few hours.
5. If formed into logs, insert into Kong, serve, and enjoy!
6. Store remaining logs in freezer bag. Can be stored for up to 6 months.

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### **Frozen Peanut Butter Banana Pops**

#### Ingredients:

- Three 6-oz. containers of plain, low-fat yogurt
- One 4-oz. jar of banana baby food (or a small ripe banana)
- ½ cup of low-sodium peanut butter
- 1 tablespoon of honey

#### Directions:

Blend all ingredients thoroughly and pour into small paper cups (like Dixie). Put a dog bone in each one to act as a handle. Freeze and then peel away cup to serve! Can also freeze in ice cube tray.

### **Carrot-Sicles**

#### Ingredients:

- Low-sodium broth (chicken, beef, or fish)
- Carrots

#### Directions:

Most dogs LOVE carrots so this recipe is a no brainer! Fill an ice cube tray or Dixie cup halfway with water. Fill remainder with low-sodium broth (chicken, beef, fish). Put a piece of carrot (baby carrots work great for ice trays!) in each as a handle. Freeze, peel away cup if necessary and let your pup enjoy!

### **Breath Garnishes**

#### Ingredients:

- Peppermint leaves or peppermint oil
- Parsley

#### Directions:

Why not cool your pup down while helping dispel doggy breath? Fill ice cube tray  $\frac{3}{4}$  of the way with water. Mix a few peppermint leaves or a couple drops of pure peppermint

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oil with a sprig of parsley and add to each cube. Freeze. Put a few cubes in your dog's water.

### **Frozen Dinner**

Ingredients:

- Kibble
- Broth (optional)

Directions:

When it's really warm, a simple way to cool your dog off (and keep him occupied!) is to just feed him his kibble frozen. Soak it in just enough water (or low-sodium broth!) to cover about half the kibble. When the kibble has absorbed most the water, freeze in the bowl itself or stuff into a KONG or other freezable treat toy and freeze.

### **Soft-serve Yogurt**

Ingredients:

- Three 6 oz. containers of plain, low-fat yogurt
- Peanut butter, fruits, peppermint, or vegetables

Directions:

Who doesn't love soft-serve yogurt on a hot day? To make this treat, take: three 6-oz. containers of plain, low-fat yogurt, whatever additives you want (low-sodium peanut butter, fruits, peppermint, veggies) and blend well. Leave in the bowl and freeze until it's semi-hard. Take out and whip. Serve to your dog in his bowl, stuff-able treat toy or put it back in the yogurt container. This is one you could eat too, depending on what you put in it (blueberry would be amazing!).

### **Frozen Parfait**

Ingredients:

- Yogurt
- Fruit, vegetables, honey, or peanut butter (amounts optional for varying layers)

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### Directions:

This fun treat will keep your dog interested as he discovers each new flavor! Decide what you want to use as your layers. Things like low-fat plain yogurt (you can add fruits!), shredded carrots in water, low-sodium peanut butter, blended bananas with a drop of honey, kibble—all of these are great ideas. Put your first layer in an empty yogurt cup or KONG. Freeze until almost hard. Add next layer, freeze. Repeat until you have made all your layers and/or filled your cup or KONG.

### **CHEESE Please**

#### Ingredients:

- 1 ½ cup oat flour
- 1 ½ cup brown rice flour
- 1 cup shredded low-fat cheddar cheese
- ½ cup grated parmesan cheese
- 1 egg
- ½ cup water

#### Directions:

Preheat oven to 350 degrees. Combine all ingredients and mix thoroughly until a dough forms. Roll the dough out on a lightly floured surface to ¼" thickness. Use a cookie cutter to cut out shapes. Place on an ungreased cookie sheet. Bake for 2-25 minutes or until golden brown. Remove from the oven and let cool completely on a wire rack. Store in an airtight container in the refrigerator.

### **Healthy Pumpkin Balls**

This snack is not only delicious but is also filled with fiber, vitamin A, beta-carotene, potassium, and iron.

#### Ingredients:

- 1/2 cup canned pumpkin
- 4 tbsp molasses
- 4 tbsp water
- 2 tbsp vegetable oil
- 2 cups whole wheat flour
- ¼ tsp baking soda

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- ¼ tsp baking powder
  - 1 tsp cinnamon (optional)

Directions:

Preheat oven to 350 degrees. Mix pumpkin, molasses, vegetable oil, and water together in a bowl. Add the whole wheat flour, baking soda, baking powder and cinnamon to the mixture and stir until dough softens. Scoop out small spoonfuls of dough and roll into balls on your hands (wet hands work best). Set the balls onto a lightly greased cookie sheet and flatten with a fork. Bake approximately 25 minutes until dough is hardened.

### **Apple Crunch Pupcakes**

Ingredients:

- 2 ¾ cups water
- 4 cups whole wheat flour
- ¼ cup applesauce (unsweetened)
- 1 cup dried apple chips (unsweetened)
- 2 tbsp honey
- 1 tsp baking powder
- 1/8 tsp vanilla extract
- 1 medium egg

Directions:

Preheat oven to 350 degrees. Mix water, applesauce, honey, egg, and vanilla together in a bowl. Add remaining ingredients and mix until well blended. Pour into lightly greased muffin pans. Bake 1 ¼ hours.

### **Banana Almond Poppables**

Ingredients:

- 1 Egg
- 1/3 of a Banana
- 3/4 Cup Unsalted Almond Butter
- 1 Tsp Ground Cinnamon

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Directions:

Preheat oven to 350° Fahrenheit and line a baking sheet with parchment paper. Use a fork to mash the banana in a medium/large size bowl. Once mashed, add in the rest of the ingredients and mix together with a fork until blended. The batter consistency should be very thick and gooey – this will not resemble your normal treat dough.

Spoon out dime sized dollops onto your parchment paper and place in the oven for 5 minutes. After 5 minutes, turn the pan and bake for another 5 minutes.

Remove from the oven and let cool.

## Recipes Approved for Rabbits

### Bunny Biscuits

Ingredients:

- One bowl of hay
- One mashed banana
- Tablespoon of Rolled Oats
- 150ml of water
- Approved Herbs/ fruit

Directions:

Form ingredients into “biscuits” and put in the oven for 15 – 20 minutes until dried out.

Leave to cool!





Always give enrichment with health for the animal in mind.

**Absolutely NO rawhide bones, styrofoam, rubber bands, tape, or staples should be issued at any time.**

Anything that can harm the animal when ingested should not be given. If an animal does start to EAT a non-edible enrichment item, **notify a staff member immediately to remove the item.**



Have an enrichment idea that is not found in this guide? Contact your Volunteer Coordinator to have the item approved!

Thank you and HAVE FUN!

