

# - DEVELOPING ENRICHMENT -

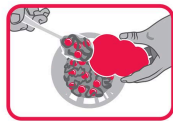
Kong "Beehive" pictured below



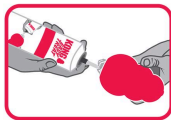
## How to Stuff a KONG



Mix



Fill



Seal



Give

**Bonus:** For an added challenge, freeze KONG for 4-6 hours before giving to your dog.

## Stuffing Levels



**Easy**

Stuffed lightly



**Medium**

Stuffed slightly tighter



**Hard**

Stuffed tightly



^ West Paw "Topple" pictured above ^

When filling these types of toys, you can use both hard and soft foods to stuff them full! Freezing for a few hours or overnight can help lengthen the time it takes your pup to finish it, maximizing their energy release and *mental stimulation*. They can also be a great reinforcer to help with crate and place training, both in and outside the home!

## Snuffle Mats:

Snuffle mats can be purchased or made at home! This can be a great option for dogs who enjoy foraging in tall grasses and foliage.

Using dry treats or just plain kibble, disperse food throughout the mat making sure most of it is buried while a few pieces lie on top to encourage beginning their scavenge. These are soft

toys so keep in mind your dog's chew type and always supervise any use of the toy.

( a great alternative can even be a cheap bath mat!)



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## Lick Mats & Slow Feeder Bowls

### **Lick mats**

A great reinforcer for stable activities like grooming & bathing. Lick mats can be used similar to a filler toy however are shallow and open faced, making this an easier reward for the dog. When “filling” these mats, purees or whips will work best with hard foods as toppers. This is another toy that should be supervised closely due to its thin base, freezing will again maximize the time it takes to finish!



### **Slow Feeder Bowls**

Slow feeders are a great way to help your dog slow down when eating their regular meals. They can also be used as a deeper version of a lick mat! Majority of foods and treats will fit in these feeding bowls.

### **Puzzles & Puzzle Balls**

Outward Hound Puzzles pictured right >

Puzzles & puzzle balls are great ways to teach your dog how to effectively problem solve. There are different levels of difficulty when it comes to food puzzles so that as your dog becomes more clever the puzzles will match their ability. Dry foods and treats are usually the best option for filling food puzzles especially those that are round or meant to dispense the rewards by rolling.



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## **DIY Enrichment Activities**

### ***Easy. Cheap. Enriching.***

No Kongs? No problem!

Even without fancy store bought puzzles or lick mats, there are still plenty of things you can easily do at home to keep your dog entertained and fulfilled.



### ***Busy Boxes***

Got extra recyclables lying around? Use an old cardboard box, paper towel & toilet paper rolls, bottles, paper, or anything else safe and destructible lying around, and then top it off by sprinkling some kibble, treats and other goodies in.



Busy boxes create the perfect opportunity for your dog to snuffle, forage, and problem solve to retrieve rewards in a contained yet easily accessible way.



### ***Homemade Games***

Grab a muffin tin and/or all kinds of other creative (but safe) household items to make an array of enrichment games at home!



*Always ensure dogs are supervised during engagement with foreign objects.*

\*Pro tip; stuff things with treats or leave them loose and add/subtract extra “fluff” to increase or decrease difficulty.



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## Edible Enrichment

### **100% Edible Enrichment!**

An incredible alternative to enrichment toys for companions who are susceptible to ingesting objects or toys, especially when left unsupervised. Many owners with destructive dogs are constantly searching for enrichment that they feel confident and comfortable leaving their dog alone with.

Keep in mind that not every dog is going to gravitate towards every single one of these options, however they are more than worth a shot for a super chewer!



### **Edible “KONGS”**

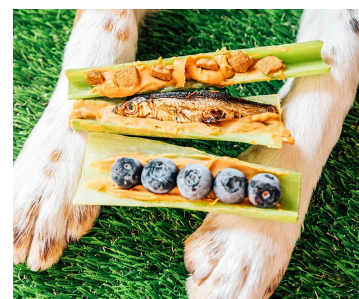
By using hollow animal parts like dried tracheas or hollowing out fruits and vegetables like; bell peppers and apples, these provide a perfect vessel to fill with all of the goodies you would typically place inside of a traditional fillable enrichment toy.



### **Shreddable Enrichment**

Some companions simply LOVE the act of shredding and it can be difficult to provide an outlet for this behavior without worry of ingestion.

By Using vegetables like iceberg lettuce, whole carrots, or celery (which are all rich with water) and by freezing them overnight, you create an organic, low calorie, and worry free enrichment game for your pup! Some even prefer to soak root vegetables like carrots in protein broths to make them even more enticing for their dog to enjoy.





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## Picking Foods to Fill Enrichment Toys

When it comes to filling enrichment toys, keeping your pup fulfilled and occupied for their time with the toy is a top priority, as well as their daily calorie intake. It may sound silly but counting your dog's calories can help you increase their food drive for training. This does not necessarily mean you have to decrease the amount of treats they receive, instead just what the treats are. Some great options for different food and treats types include:

### Solid:

- Kibble
- Freeze dried single ingredient treats
- Freeze dried fish
- Cucumber
- Carrots
- Broccoli
- Celery
- Green beans
- Cauliflower
- Lettuce
- Potatoes
- Pumpkin
- Zucchini
- Spinach
- Cantaloupe
- Watermelon
- Apples (no seeds!)
- Bananas
- Mangos

- Cranberries
- Bell Peppers (no seeds!)
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### Wet:

*(best for filling gaps and for freezing)*

- Pureed Baby food (check for safe ingredients)
- Natural Stocks & Broths
- Peanut Butter (no xylitol or "birch sugar" POISONOUS!)
- Cream cheese (minimal dairy)
- Canned food
- Goats milk
- Water
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