



Recycled Enrichment



- 🐾 Does your pooch chew and destroy things they shouldn't?
- 🐾 Does your credit card shudder every time you enter a pet supply retailer?
- 🐾 Do you want to be a "greener" pet guardian?

If you answered "yes" to any or all of the above, it's time to start looking at what you can save from the rubbish and recycle into exciting dog enrichment ideas! Plastic bottles, newspaper, toilet rolls, egg cartons and cardboard boxes, even old socks and rags – these can all be transformed into inexpensive and fun activities which can help you save some \$\$\$, some sanity and maybe your furniture and other possessions. Here's some ideas to consider! There's also plenty more online!



HINTS & TIPS

- 🐾 **Keep it simple!** New activities must be easy to begin with to avoid your dog becoming frustrated.
- 🐾 Increase the level of difficulty gradually.
- 🐾 You can use some of these ideas as part of your dog's meal time! A one-minute dinner bowl can become 20 minutes of mental exercise.
- 🐾 Be sure to include any treats in your dog's overall daily food intake to avoid overfeeding.



DIY NOSEWORK



Get your dog using their nose with some at-home scent work using boxes and some special treats. Keep it simple to start off!

- 🐾 Set up 2-3 partially open boxes, each with a treat inside, and encourage your dog to find the treats.
- 🐾 As your dog improves, gradually increase the difficulty by closing the boxes, increasing the number of boxes and only having treats in random boxes.
- 🐾 You can even add a cue like "Find It!"



Egg cartons and toilet rolls are great for dogs to tear up and destroy to find goodies hidden inside. You can use everything from loose kibble to treats hidden in scrunched up newspaper for extra fun. Even chicken necks, banana or frozen treats can be used!



Clean, empty plastic bottles can make great DIY kibble dispensers. Cut a small hole in the side & add kibble. Leave the lid off for easier rewards to begin with then recap to increase difficulty. A bottle spinner is another option you can create with clean plastic soft drink bottles.



TOILET ROLL PUZZLE



Pull-Apart Ball

- Cut strips from old towels or sheets.
- Wrap a treat in each strip
- Stuff strips into a holey ball
- Let your pooch enjoy “destuffing” the ball instead of a cushion!



Repurposed cardboard packaging

The Positives

- + Saves money
- + Helps the environment by reusing and recycling
- + Activates your dog’s “seeking” drive
- + Stimulates your dog mentally
- + Many of these activities are perfect for dogs that may be confined due to injury or post-surgery
- + Can be used to slow down dogs that “inhale” their food
- + Redirects them from destroying household items
- + Stimulates humans mentally as you think of new ideas to try! 😊

The Negatives

- Cleaning up!

