

the joy of food puzzles

fun, food and fulfillment for your dog!

Food puzzles can help keep your pup busy! A busy pup is a tired pup is a good pup!

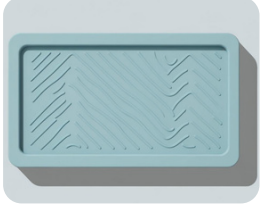
Combat boredom, anxiety, chewing, barking, teething, weight management, crate-training and more!

Especially great for smart or active pups!

For maximum benefits, use at EVERY meal.

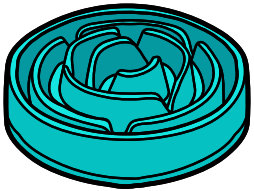
Note:

Any dog has the potential to resource guard. Puzzles are "high value," so if guarding behaviors emerge, feed in a separate room or inside a crate or discontinue use, (especially if children are around).

1 


Lick mats

- easy enrichment, slow eating and can sooth stress
- come in many shapes/textures (some dishwasher-friendly!)
- used with wet food, peanut butter, pumpkin, yogurt, etc.
- note: supervise your pup so they do not eat the mat along with their treat!

2 

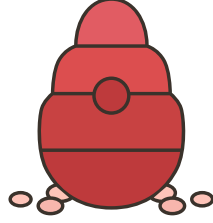
Slotted dishes

- moderately easy, slow eating and can sooth stress
- come in many shapes and sizes (some dish-washer friendly!)
- can be used with dry food and wet
- note: some dogs may need supervision, if they're chewers!

3 


Kongs

- moderately easy slow eating and can sooth stress
- select correct size and chewing strength for your pup!
- fill with wet food and kibble and/or other ingredients
- can be frozen to increase challenge - for active or smart dogs, prepare multiples ahead & freeze for later!

4 

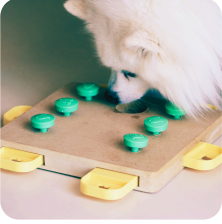
Wobblers

- somewhat challenging enrichment as they require movement!
- select correct size for your pup
- fill with kibble or small bits of dried treats (avoid wet food)
- note: some are not food-motivated enough, but if your dog is active and likes to use their paws, wobblers may be for them!

5 

Snuffle mats & treasure hunts

- somewhat challenging mentally and physically
- snuffle mats come in many shapes and sizes - kibble (or few small dry treats) can be hidden inside folds
- for a treasure hunt, **no purchase necessary**, spread kibble around room, hide in box or in brown (standard) packing paper (supervise, please, if using cardboard or paper items)

6 

Interactive puzzles

- most challenging type of food puzzle!
- come in a wide variety of challenge level
- generally used for kibble (or small dry treats)
- note: some pups aren't food motivated enough, but if you begin with lower-level challenge, they may be able to learn!



FUN FOOD PUZZLE FILLERS

A food puzzle can help provide your dog with an activity, keep them busy, and slow eating! Diet and portion-sizes should be maintained when selecting fillers, so the best base is kibble. Include treats and rich fillers sparingly!

1) use kibble as a base

- using kibble as a base helps to avoid stomach sensitivity and maintain your pup's diet!
- measure out portion-sizes appropriately

2) hydrate with H2O or broth

- hydrate kibble with **hot** water or bone broth made for dogs (avoid broth for human consumption, it's too salty) and let sit for a few minutes to soak
- note: hydrating kibble can make a food puzzle more challenging (especially if frozen), particularly if it's just hydrated kibble
- to make a puzzle easier, if it's in a standard-style Kong, the sides can be sealed with wet ingredients and the middle filled with dry kibble!



Tips & Tricks

For very active/smart pups, freeze several Kongs (and/or lick mats) ahead to pull out as needed to entertain your pup during dinner or when you need a break for 5-10 minutes!

3) "special" ingredients - add sparingly!

a) protein

- yogurt
- wet dog food
- peanut butter
- cream cheese
- cottage cheese
- small chunks of cheese
- baby food (meats)
- small bits of cooked chicken

b) vegetables or fruit

- pumpkin
- baby food (vegetables)
- banana
- small bits of carrots or apples

c) toppers

- toppers and treats can be used (sparingly!)
- for Kongs, fill as desired then stick a piece of dog jerky, a bully stick, biscuit, etc. in at the end (and freeze to make a "pupsicle"!)