animal rescue league NH

The joy of food puzzles

fun, food and fulfillment for your dog!

Food puzzles help keep your pup busy and assist with:

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

Great for smart or active dogs. Use every meal for maximum benefits!

Any dog has the potential to resource guard. Puzzles are "high value," so if guarding behaviors appear, feed in a separate room or inside a create or discontinue use. Especially if children are around!



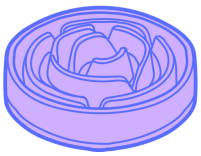
1



lick mats

- easy enrichment, slow eating and can sooth stress
- variety of shapes/textures (some dishwasher-safe!)
- use with wet food, peanut butter, pumpkin, yogurt, etc.
- supervise so your pup does not eat the mat!

2



slotted dishes

- fairly easy, slow eating and can sooth stress
- many shapes/sizes (some dish-washer safe)
- use with dry food and wet
- chewers need supervision!

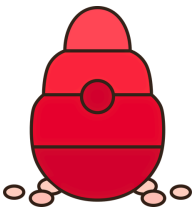
3



kongs

- fairly simple, slow eating and can sooth stress
- select correct size and chewing strength!
- fill with wet food, kibble and more
- **active/smart pups**: make few ahead and freeze for a challenge and to lengthen the activity

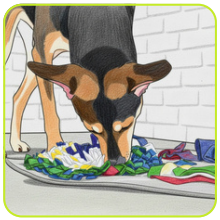
4



wobblers

- somewhat challenging as they require movement
- select correct size
- fill with kibble/bits of treats (avoid wet food)
- note: some are not motivated enough for these

5



snuffle mats & treasure hunts

- somewhat challenging mentally and physically
- **snuffle mats**: many shapes and sizes (hide kibble or bit of dry treats inside folds)
- **treasure hunts (DIY)**: spread kibble around room (or in box or brown packing paper, if supervised)

6



interactive puzzles

- most challenging type!
- come in wide variety of challenge levels
- usually used for kibble (or small dry treats)
- not food-motivated enough? begin at a lower-level!

FUN FOOD PUZZLE FILLERS

animal rescue league NH

Food puzzles help provide your dog activities, keep them busy and slow eating! Maintain diet and portion-sizes when using puzzles and selecting fillers. The best base is kibble. Include treats and rich fillers sparingly!



1) use kibble as base

- using kibble as base helps avoid upset stomach and maintain your pup's diet
- measure out portion-sizes appropriately and use puzzles at mealtime



2) hydrate with H20 or broth

- use **hot** water or bone broth for dogs (avoid salty broths for humans) and let soak for a bit
- increases the challenge (especially if frozen)
- to make easier, can use dry kibble in Kongs and seal with wet ingredients!





3) add special ingredients (sparingly!)



a) protein

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

b) veggies or fruit

- pumpkin
- baby food (veggies)
- banana
- small bits of carrot, sweet potato, green beans or peas
- little slices of apple

c) toppers

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

Tips & Tricks

For very active or smart pups, freeze a few Kongs (or lick mats) ahead to pull out as needed to give your pup during dinner or when you want a 5-10 minute break!