

the joy of food puzzles

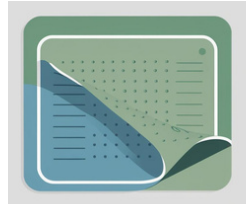
fun, food & fulfillment for your cat!

Food puzzles can keep your cat busy and offer them a challenge. A busy cat is a tired cat is a happy and a good cat!

Combat boredom, anxiety, scratching on furniture (regular nail trims and scratching posts or mats are also recommended!), weight management, high-arousal behaviors and more! Especially great for smart, active or slightly naughty cats! For maximum benefits, use at EVERY meal.

Cats are known to be less food-motivated than dogs so starting slow with lick mats and no cost DIY options (see other side of handout!) can help gauge your cats interest level before you invest in more challenging puzzles. Note: some cats avoid engaging with food puzzles, but most will use lick mats.

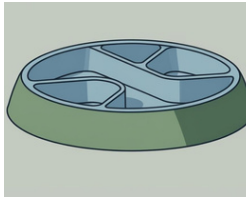
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Lick mats

- easy enrichment, slow eating and can sooth stress
- come in many shapes and textures (some dishwasher-friendly!)
- can be used with wet food, tuna, wet treats, etc.
- note: almost all cats are willing to use lick mats so they're a great place to begin exploring the idea of food puzzles with your cat!

2



Slotted dishes

- moderately easy enrichment, slow eating and can sooth stress
- come in many shapes and sizes (some dish-washer friendly!)
- can be used with dry food (any toppers could be included as well)
- note: some are more challenging than others - the simple designs are easier, the intricate ones are more difficult

3



Kongs

- moderately easy enrichment, slow eating and can sooth stress
- same as much-larger dog version but specifically made for cats
- fill with wet food or wet treats of any kind
- note: not all cats are willing to engage with theses, maybe, they contain a highly desirable treat

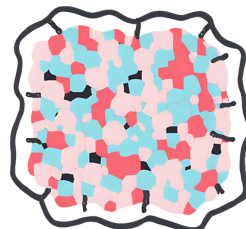
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Wobblers, eggs and treat balls

- somewhat challenging physically, encourage exercise!
- fill with kibble and/or small bits of dried treats
- active, playful cats sometimes gravitate toward these
- note: some older or less active cats will avoid engaging with these unless they're food-motivated enough

5



Snuffle mats and treasure hunts

- somewhat challenging mentally and physically
- snuffle mats come in many shapes, sizes and textures - kibble (or few small dry treats) can be hidden inside folds!
- for a treasure hunt, **no purchase necessary**, just spread kibble around the room and let the hunt begin - some active cats will also play fetch if you throw them bits of kibble, one-by-one!

6



Interactive puzzles

- most challenging type of food puzzle
- come in many different options and challenge levels
- generally used for kibble (or small dry treats)
- note: some cats are not able to figure these out, but if you begin with a lower-level challenge, perhaps they will consider it!

Provide food puzzles at mealtime to avoid over-feeding! Maintain diet and portion sizes and include treats sparingly.



PERSONALITY, PREFERENCES AND PICKING A FOOD PUZZLE!

Pick out food puzzles based on your cat's personality, activity level and the games they like to play. Begin with lower-level challenges, if new to food puzzles - cats can be picky and generally like some puzzles and pass on others!

QUESTIONS FOR YOUR CAT:



1) Is your cat food-motivated?

- if not, begin with a lick mat or slotted dish, (note: slotted dishes with more intricate patterns are more difficult than ones with simple designs)
- if they are, begin with something a bit more challenging, like a treat ball or lower-level challenge interactive puzzle

2) Is your cat active or a couch potato-type?

- active cats, especially playful ones that like toys, sometimes enjoy wobblers eggs, treat balls, treasure hunts and fetch!
- if your cat is the couch-potato type but they are food-motivated, try slotted dishes, treat balls or lower-level interactive puzzles
- if your cat is the couch potato type and they are not food-motivated, try lick mats, slotted dishes or some simple DIY puzzles

3) Does your cat like to hunt and explore?

- if so, they might like snuffle mats, interactive puzzles, treasure hunts and/or some of the DIY food puzzles listed here!

4) Is your cat clever, curious, inquisitive?

- if so, they might like more challenging DIY or interactive puzzles
- note: some particularly clever and food-motivated cats are even able to master some complicated small dog food puzzles!

DIY food puzzles

1) bagged lunch: use brown paper bag, cut holes in sides or add brown packaging paper, fill with kibble and/or treats - increase challenge by crinkling bag shut or leave open and put on side to make less challenging!

2) hide and seek: use cardboard box, can cut holes or add brown packaging paper - to lessen challenge, place box on side or cut large holes

3) crinkle, crinkle, crunch: use plain brown packaging paper, spread out across floor and sprinkle with kibble and treats

