



FOOD ENRICHMENT TOYS AND KONG RECIPES

Food toys (wet and dry):

- [Busy Buddy egg](#)
- [Kong Wobbler](#)
- [Kong](#) (large enough to fit entire meal)
- [Sumo](#) (Kong alternative - harder)
- [Busy Buddy Magic Mushroom](#)
- [West Paw Toppl](#) (large dogs get both sizes – they fit together for more challenge)
- Buster "soft" cube
- [Tug A Jug](#)
- [Omega Tricky Treat Ball](#)
- [Monster Mouth](#) (Kong alternative - easier)
- [IQ Treat Ball](#)
- [Squirrel Dude](#) (Kong alternative - harder)
- [Nina Ottosson puzzles](#)
- [Snuffle mat](#)
- [Licki mat](#)
- [Chomp and Chew](#) (suctions for bath)

Long lasting chews (check for vet approval)

- [Bully Sticks](#)
- [Tripe Sticks](#)
- [Himalayan Yak Chews](#)
- [No Hide Chews](#) - 7" size for large dogs, 4" for smaller dogs, also have thin sticks for small dogs
- [Deer antler](#) chew at least 7" for large dogs, 4" for small dogs (prefer split ones to full ones so the marrow is exposed)
- [Gorilla Chews \(wood\)](#)
- [Cow](#) or [pig ears](#)
- [Cow hooves](#)
- [Deer hoove](#)
- [Deer shanks](#)
- Raw marrow bones

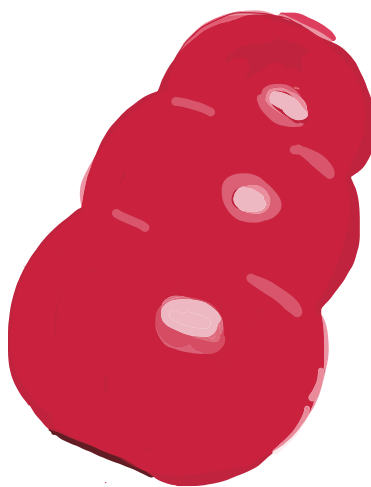
Dissection toys:

- Plushy toys - go cheap – they don't need to be expensive because the whole point is they're going to get destroyed!
- [Holee ball](#) is also a good re-stuffable option. Cut up strips of old shirts or fleece, roll some treats up and stuff into the ball.
- DIY ideas – packing paper in Amazon boxes with kibble or treats tossed/rolled up. Cereal boxes, egg cartons, with kibble/treats inside and let the dog shred the box.



Kong recipes: For ease of cleaning, always drop a couple of dry treats or kibble in first then fill and freeze.

- **APPLE PIE:** Layer apple, plain yogurt, mashed banana, more apple, yogurt, banana. End with a slice of banana and chunk of peanut butter on the top.
- **BABYLICIOUS:** Mix together some fat-free cream cheese, peanut butter, and either sugar-free applesauce or a jar of baby food (like bananas, carrots). Seal the large hole with cream cheese or peanut butter.
- **BANANA YOGURT:** Plain yogurt and mashed bananas. (You can also add a little peanut butter or other fruits.)
- **CHEESY ELVIS:** Combine a ripe banana, 3 spoonfuls of peanut butter, and a slice of cheese. Mix until blended well.
- **CHEEZY DELIGHT:** Combine small chunks of cheese (or cheese spread) with some dry dog food and microwave until the cheese melts. Let it cool completely.
- **DOGGIE OMELET:** Combine a scrambled egg, some beef, yogurt, cheese and mashed potatoes all together
- **FROZEN TUNA SALAD:** Mix together well: 1 6oz can of light tuna, 2 T. plain yogurt, and 1/4 C. grated carrot.
- **ROCK-HARD KIBBLE:** Combine some of your dog's regular food with cream cheese, which acts as a cement, keeping everything inside.
- **STICKY BREAD:** Smear peanut butter on a piece of bread. Fold it over and stuff inside the Kong. Mix together plain yogurt with some fruits & veggies and pour inside. The yogurt sticks to the bread holding everything together.



PLEASE NOTE: Be sure to purchase a Kong that can fit your dog's entire meal inside of it. This is usually a larger size than you think it is. Smaller Kongs can be used for snacks with the recipes above. Never completely seal off the small hole. You can drop kibble inside but make sure there is a pathway for air to ensure a vacuum isn't created as the dog works on the Kong. Red Kongs are for "normal" chewers. Black Kongs are for heavy duty chewers.