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ANIMAL HOSPITAL OF NORTH ASHEVILLE

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## Stuffing Your Kong®

### Start out easy:

Stuff Kong with loose, dry kibble and show your puppy how the food falls out.

### Increase difficulty slowly:

Mix canned food with kibble, stuff it in the Kong and give it to your pup. You can also soften kibble by adding water and then stuff soft kibble in the toy.

### Master Kong:

Mix canned food with kibble, stuff in toy, and freeze overnight.

Find more Kong stuffing tips and recipes at

[www.kongcompany.com](http://www.kongcompany.com)

[www.sfspca.org/sites/default/files/kong-stuffing.pdf](http://www.sfspca.org/sites/default/files/kong-stuffing.pdf)

[www.kongstuffing.com](http://www.kongstuffing.com)

### Safe foods to use:

Apples without seeds

Carrots

Bananas

Peanut butter

Cooked, unsalted meats

Cottage cheese

Natural yogurt

Eggs

Honey

Celery

Whole rolled porridge oats

### DO NOT USE:

Chocolate

Macadamia nuts

Grapes

Raisins

Avocado

Onions

Foods with artificial sweeteners (especially Xylitol)

Yeast dough

Foods with high salt content, such as potato chips and other human snacks

### Reasons to Use a Puzzle Toy or Kongs (TM)

- Helps slow eating and make your dog work for their food.
  - Stimulates brain function.
  - Helps with separation anxiety and boredom.
- Helps with crate training and positive association when in the crate.
  - Give as special treat when leaving for periods of time

**Always supervise your pet when introducing new toys.**

**Always use toys appropriate for your dog's size.**

**Never use toys with small removable parts, especially when your dog is prone to eat non-food items.**

**Supervise food toys when there are more than one dog around. Dogs can fight over or guard food toys. (It is best to separate dogs in different rooms when using food toys.)**