

How to Stuff a Kong®

A Kong is a hard rubber, snowman-shaped toy with a small hole on top and a large one on the bottom. A stuffed Kong can keep your dog occupied when crated or when you have visitors. It can provide mental stimulation and provide an outlet for your dog's energy. And this wonderful chew toy can go a long way toward alleviating mild separation issues and boredom—just give a stuffed Kong to your dog as you leave, or hide it so he has to find it and then excavate. (Be sure to provide stuffed Kongs randomly, not *only* when you leave, so they won't become associated only with your absence.)

Be sure to purchase a Kong that is big enough to stuff. Tiny dogs get a small Kong, but most small dogs get a medium Kong, medium dogs, a large or XL, and large dogs, an XL. There is even a size above XL for very large dogs. Kongs can be stuffed with anything that is safe for your dog to eat. (*Never feed chocolate, onions, grapes, raisins, or spicy foods.*) Just plug the small hole with a chewy treat or peanut butter, flip the Kong over, and stuff! The stuffing should be well-packed so that your dog has to work for it, but not so tightly stuffed that your dog will give up. For inexperienced excavators, make it easy at first by packing loosely and leaving a cookie sticking out of the large hole.

To feed your dog's meal in the Kong:

1. Measure out your dog's kibble.
2. Put dry kibble into a mixing bowl
3. Put warm water into the bowl to soak kibble
4. When kibble is soft, drain water
5. Take some peanut butter and add to kibble and mix (like cookie dough)
6. Now spoon the mixture into the large hole in Kong and fill
7. Top off the hole with peanut butter or even a dog biscuit
8. Put in freezer

Note: This is a great way for your dog to spend time, when you are leaving the house or are occupied and cannot be with him. The frozen Kong will challenge his brain to figure out how to get his food and will last for a while compared to when the kibble is dry. I like to keep several frozen Kongs in

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the freezer so I always have one handy when I want my dog to settle down and occupy himself.

If you're in a rush, a fast and easy way to stuff a Kong is to fill it with the dog's dry kibble and top it off with peanut butter or a dog cookie. The dog will spend time licking the peanut butter and then can roll the Kong around until his dry kibble tumbles out. This is also a good for a dog who is new to Kongs and would otherwise give up on a frozen Kong if he is not used to "digging for food".

Kongs are dishwasher safe. Experiment and create your own "Kong surprises" and NO more feeding from bowls!!!