

# Embarking *the pet dog's* All about Kongs

## How to stuff them with your dog's meal

### Kong Stuffing Levels

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**Easy/Beginner:** This level is best for introducing dogs to the Kong toy for the first time, stuffing a Kong loosely encourages them to finish the Kong. If the Kong is stuffed too tight for a beginner they are more likely to give up out of frustration and move onto something that's easier to chew with a faster payoff, in other words your furniture. To stuff a beginner Kong for success start out by placing a tasty/smelly treat in the very tip of the Kong followed by some loose dry kibble with a smudge of peanut butter, cream cheese or canned dog food at the opening to "cap" it closed. The looseness of the stuffing will guarantee an easy win for your dog and keep them attracted to the Kong. As they continue to "win" at this level you can then move onto the next level. \*Great for brachycephalic (smushy faced) dogs

**Moderate/Intermediate:** Once your dog has successfully and repetitively completed the beginner level you can then move on to play around with the intermediate level. I have 2 mini levels within this one:

**1)** Place a tasty/smelly treat in the very tip of the Kong, followed by some loose dry kibble. Then place another small treat on top of loose kibble then fill in the rest with moistened kibble and cap off the opening with peanut butter, cream cheese or canned dog food. \*Great for brachycephalic (smushy faced) dogs

**2)** Place tasty/smelly treat in the very tip of the Kong, followed by moistened kibble then another treat in the middle topped with more moistened kibble and finally cap off the opening with peanut butter, cream cheese or canned dog food.

\*to moisten kibble, soak kibble in a bowl of hot water for 15-30 minutes until soft and mushy.

**Hard/Advanced:** Once your dog has conquered the moderate levels of the Kong they are ready to test out the advanced levels...you can be very creative with this one! Place a tasty/smelly treat at the very tip of the Kong, followed by moistened kibble packed in tight then cap the opening with peanut butter, cream cheese or canned dog food. If it's still too easy for your dog try freezing it over night before giving it to them! Remember to be creative, the key to the advanced level is that the stuffing is moist and well mixed/blended then stuffed in tight. If you stuff it too hard for your dog be sure to help them finish it! You can grab a spoon and help them dig it out or step on the Kong and roll it under your foot to help loosen the stuffing.

### Here are some of my favorite recipes

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**WHS Vegetarian Holiday meal by Amber Todd:** \*Easy-Moderate

Piece of baked sweet potato

Veggie kibble (dry or moistened)

French cut green beans

Organic Pumpkin (spoonful to plug opening)

Pumpkin Biscuit (sticking out of opening)



Layer ingredients starting at the very tip of the Kong working towards the wide opening; first the piece of baked sweet potato then kibble followed by green beans and more kibble cap it off with pumpkin and add a pumpkin biscuit sticking out the opening.

**Lucy's Lickable Lunch by Amber Todd:** \*Moderate-Hard

Kibble

Nutro Crunchy treats (blueberry)

Nutrisca freeze dried dinner bites (or other freeze dried treats)

Canned dog food

First soak kibble in warm water for about 15 minutes, then drain excess water and crumble the freeze dried dinner bite into the moistened kibble. Stir well, place 2 Nutro crunchy treats into the tip of the Kong and fill in the rest with the kibble mixture then cap end with a spoonful of canned food. Freeze overnight for Hard-Advanced level.

**Lucy's Savory Lasagna by Amber Todd:** \*Moderate-Hard

Turkey or Venison jerky

Cottage Cheese

Kibble, moistened

Cheddar Cheese, shredded

Canned dog food

Soak kibble in warm water for 15 minutes then strain. Mix together kibble, cottage cheese and shredded cheddar cheese in bowl, set aside. Place a piece of turkey or venison jerky in the very tip of the Kong, fill in 1 scoop of kibble & cheese mix then add another piece of jerky then fill remainder of Kong with kibble & cheese mix. Cap the end with a scoop of canned dog food and stick a piece of jerky into the end. Freeze overnight for Advanced level.

**Apples Signature Kong Stuffin' by Chelsea Johnson:** \*Advanced

3 Tbsp Peanut Butter

3 Tbsp Cream Cheese

¼ cup diced Apples

¼ cup kibble

Mix 3 Tbsp of peanut butter with 3 Tbsp of cream cheese, the two will create a dough like texture, in a separate bowl mix 1/4 cup of diced apples with 1/4 cup of kibble. Knead the apple and kibble mixture into the peanut butter and cream cheese "dough". The combination of all 4 ingredients should resemble chocolate chip cookie dough. Stuff the "dough" into your Kong. Feed immediately or freeze at least 1 hour.

**Rudy & Frankie's Veggie-Palooza by Michael Nichols:** \*Advanced

Squash

Carrots

Sweet Potatoes

Kibble

Cook all vegetables and puree then mix with kibble and stuff into Kong and freeze overnight.

