Kongs are wonderful enrichment toys that are readily available at the shelter or pet stores. The idea of the Kong is to stuff it with food and leave it for the dog to work on during the day. It works especially well as a boredom breaker for days when your dog must be left alone in the yard/house. Make sure you have the right size for your dog and REMEMBER; food toys can be a problem in households that have more than one dog. Make sure you supervise the first time you use food toys.

In addition to your pet's regular dry dog food and dog biscuits, as well as canned versions of dog food, following are some human foods that you might consider stuffing inside your dog's Kong toy. [Each of these food items appears in one or more of the Kong Recipes which follow.]
Apples | Applesauce | Apricots | Baby Food
--- | --- | --- | ---
Bananas | Beef (cooked) | Salami or cabanossi | Black Olives
Bouillon | Bran Cereal | Bread | Broccoli (raw)
Carrots | Cashews | Cauliflower (raw) | Celery
Cheerio’s | Cheese (Cheddar) | Cheese Spread | Chicken Soup
Cream Cheese | Croutons (plain) | Dried Fruit (bananas, apricots, apples) | Eggs (cooked)
Honey | Liver (Freeze dried) | Macaroni & Cheese (leftovers) | Nectarines
Peanut Butter | Oats (cooked) | Vegemite | Pasta (cooked)
Peaches | Peanut Butter | Potatoes (mashed, no skins) | Pumpkin (cooked)
Ravioli | Rice | Rice Cakes | Steak (scraps)
Tomatoes | Tortellini | Tuna | Turkey (leftovers)
Wheat Germ

**Kong Fillings**

**Personal Favourite**

- Smear some peanut butter on a slice of bread. Fold up the bread and cram it into the Kong. Freeze & serve.
- Use your finger to line the inside of the Kong with something sticky (like peanut butter or honey) then toss medium-sized dog treats inside -- the kind that barely fit inside the hole and are hard to get out. Try microwaving the peanut butter or cheese first - this makes it runny and easy to pour into the KONG and leaves very little to waste. Then layer with another food item. Then freeze. Microwaving the peanut butter and cheese fills every crack and crevice.
inside the Kong, acting as glue around the other ingredients making it much more challenging for your dog.

- For the simplest Kong treat of all, just smear a little peanut butter or honey around the inside of the Kong. You’d be surprised how long your dog will work at this simple little treat.

**Dog-Friendly Kong Recipes**

These Kong stuffing recipes feature unique combinations of your dog’s own kibble, dog treats, and other pet-friendly foods.

Put some Kong Stuff ‘n product in the small hole first. Then toss in some dry dog food and/or small dog treats -- broken in pieces. Top with some canned dog food mixed with dry dog food and/or peanut butter smeared around the entire inside of the larger hole. Place a dog biscuit into the large opening, and leave about 1/3 of it sticking out. Freeze. (Or not)

Moisten your dog’s own food, and then spoon it into the Kong toy. Freeze.

Cram a small piece of dog biscuit (or freeze-dried liver) into the small hole of the Kong. Smear a little honey (or Kong Stuff ‘n product) around the inside. Fill it up with dry dog food. Then block the big hole with dog biscuits placed sideways inside.

Combine your dog’s favourite treat with some moistened dry dog food.

**Tasty Kongs Recipes using ‘Human’ foods**

The following Kong stuffing’s are made with one or more human food ingredients:

**CHEESY ELVIS:** Combine a ripe banana, 3 spoonfuls of peanut butter, and a slice of cheese. Mix until blended well. Fill the Kong and freeze.

**MONSTER MASH:** Instant mashed potatoes (without the salt) -- or leftover mashed potatoes from dinner -- mixed with crushed dog biscuits.

**DOGGIE OMLET:** Combine a scrambled egg, some beef, yogurt, cheese and mashed potatoes all together

**FIBER CRUNCH:** Combine bran cereal with some peanut butter.

**KONGSICLE JERKY POOPS:** The equivalent of a Popsicle... Seal the small hole of the Kong toy with peanut butter. Fill to the rim with water and a pinch of bouillon (or just use chicken broth instead). Place a stick or two of beef jerky inside. Freeze. (This one gets messy in a hurry, so it’s recommended only for outdoor use.)

**FRUIT KITTY NOODLES:** Mix together some dried fruit, cooked pasta, banana and dry cat food.
**BANANA YOGURT:** Plain yogurt and mashed bananas. (You can also add a little peanut butter or other fruits.) Then freeze it.

**PEANUT BUTTER GLUE:** Fill Kong 1/3rd full of dog food. Pour in melted peanut butter (after it has cooled from microwaving). Add more dog food, followed by more melted peanut butter until the Kong toy is full. Freeze until solid.

**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 or vegetables (carrots, celery) and pour inside. Freeze. The yogurt sticks to the bread holding everything together.

**APPLE PIE:** Squeeze a small piece of apple into the tiny hole. Fill the Kong with a small amount of plain yogurt. Add a few slices of mashed banana, more apple, yogurt, and banana. End with a slice of banana and chunk of peanut butter on the top.

**CRUNCH ‘N MUNCH:** Combine crumbled rice cakes and dried fruit with some cream cheese and plain croutons.

**KIBBLE-SICLE:** Put a glob of peanut butter into the Kong first. Then add some dry dog food. Pour in some chicken broth. Add some more peanut butter, followed by some more dry dog food. End with another glob of peanut butter at the very top. Freeze until solid.

**OLD STANDBY:** Soak some of your dog’s regular food in water (or chicken broth) for a brief time before placing it inside a Kong, then freeze.

**FROZEN BONZ:** Mix up some bananas, unsweetened applesauce, oatmeal, peanut butter, and plain yogurt. Freeze.

**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, and then pour into the Kong toy. Freeze thoroughly.

**CARB DELIGHT:** Combine some canned dog food with pasta noodles, rice, mashed potatoes, and some of your dog’s dry dog food. Freeze.

**NUT CRUNCH:** Take 2-3 dog biscuits and crunch them a bit into very tiny bite-sized pieces. Add a couple spoonfuls of peanut butter. Then add a couple spoonfuls of plain yogurt. Mix in bowl until soft, but not runny. Stuff inside Kong.

**FRUITOPIA:** Combine applesauce with chunks of fruit. Freeze.

**PUPPY TRAIL:** Fill the Kong with some cashews (unsalted) and
freeze-dried liver bits. Add some dry dog food and/or dog crushed dog biscuits. Drop in a spoonful of peanut butter, followed by some dried fruit. Finally, top it off by using a piece of ravioli or tortellini to close the large opening.

**RED ROVER:** Smear the inside of the Kong toy with peanut butter. Put a tiny piece of apple into the small hole, and then drop some more apple pieces in next. Drop in a scoop of peanut butter (or cream cheese), then drop in some dog food or broken dog treats. Add another scoop of peanut butter (or cream cheese), then more apples. Plug the large opening with a final scoop of peanut butter (or cream cheese) and freeze.

**FROZEN TUNA SALAD:** Mix together well: 1 6oz can of light tuna, 2 T. plain yogurt, and 1/4 C. grated carrot. Spoon into KONG toy. Freeze.

**ICEBERG KONG:** Mix some dry and wet food together and stuff into enough Kong’s to hold your dog’s supper (use different sizes & strengths to make it fun). Put them into an ice cream bucket. Mix a few squirts of dog gravy (from the pet store) with enough water to cover the Kong’s. (If you really want to spoil your dog, toss in a small handful of dog treats!) Freeze the whole thing -- usually takes overnight. These are great for dogs who don’t each much, especially during those hot summer months. When it is frozen, run it under hot water to loosen it from the bucket and serve -- outside, because it’s messy.

### Potentially toxic foods for dogs

- Avocado
- Fruit pips
- Potato peelings and green looking potatoes
- Rhubarb leaves
- Mouldy/spoiled foods
- Alcohol
- Yeast dough
- Coffee grounds, beans & tea (caffeine)
- Hops (used in home brewing)
- Tomato leaves & stems (green parts)
- Broccoli (in large amounts)
- Raisins and grapes
- Cigarettes, tobacco, cigars
- Cooked bones
- Corn cobs
- Chocolate
- Onion and garlic