

DOG TiRED

DOGGIE DAYCARE

How to stuff a KONG

Here is an illustration using a popular 4-layer method for stuffing your Kong. Be creative and change up the ingredients as you or your dog please:

Layer One: Tantaliser

Fill little hole on top of Kong toy with any flavour of Kong Stuff'n Easy Treat Paste.

Layer Two: Dessert

Fill approximately one-third of the cavity with dog treats.

Layer Three: Main Course

Fill the last two-thirds with dry dog food, and then seal off with wet dog food.

Layer Four: Appetiser

Leave a Kong Stuff'n Snack sticking out of the opening.



Here are some simple one-ingredient stuffers to get you started:

- Peanut Butter — Smearred or Stuffed
- Canned Pumpkin — Smearred
- Canned Premium Dog Food — Smearred
- Cottage Cheese — Stuffed
- Ground meat, raw or cooked — Smearred or Stuffed
- Greek Yogurt — Stuffed
- Kibble — Capped with a thick paste (such as peanut butter) to keep it inside the Kong
- Now, for the fun part! Feel free to practice with 2-layers or two ingredients and work your way up as you get comfortable. Practice makes perfect! Here are many other easy and healthy ingredients to try grouped by suggested layers (many are interchangeable):

LAYER ONE: TANTALIZER

- Peanut Butter
- Canned Pumpkin
- Canned Premium Dog Food
- Cottage Cheese
- Cream Cheese
- Yogurt (Greek or Plain)
- Apple Sauce (May need to cap with peanut butter)
- Liver Pate
- Cheese Spread
- Velveta or Cheese Whiz

LAYER TWO: DESSERT

- Dog Treats
- Apricots
- Banana
- Blueberries
- Carrots
- Cheerios
- Dried fruit (of any listed here)
- Cheese Slices
- Croutons
- Green Beans
- Liver, freeze-dried
- Nectarines
- Peaches
- Peas
- Peanuts or nuts (preferably unsalted)
- Strawberries
- Saltines or broken crackers or hard biscuits

LAYER THREE: ENTREE

- Baby Food
- Bran Cereal (Avoid raisins)
- Bread
- Chicken, cooked or shredded
- Turkey, cooked or shredded
- Eggs, cooked
- Dog Kibble
- Leftover meat scraps (remember to avoid poisonous spices)
- Mac & cheese
- Oats, cooked
- Pasta, cooked (Ravioli, tortellini, etc.)
- Potatoes, skinless
- Rice, cooked
- Salami
- Tofu
- Tuna

LAYER FOUR: APPETIZER

- Apples
- Banana
- Slice of bread, folded with a tasteful spread inside
- Beef Jerky
- Broccoli
- Cauliflower
- Cold cut deli meat, rolled up
- Hot Dog
- Pizza Crusts
- String Cheese
- Vegetable Stick (Carrot, Celery, etc.)

EXTRA: FLAVORING

- Agave Nectar
- Chicken Soup
- Honey
- Oatmeal (uncooked, sprinkled)
- Parmesan cheese
- Soy or vanilla ice cream (watch for excess sugars)
- Tomatoes (be careful with canned sauces)
- Water cooked with bouillon

KONG 101 (for beginner dogs. This must be done a few times before offering more difficult KONGS or your dog may be too frustrated to finish them):



- Liberally smear anything spread-able over the entire interior of KONG (peanut butter, cheese whiz, cream cheese, liverwurst, last night's gravy).
- Stuff a layer of the dog's kibble, pack in hard.
- Drop in something delicious such as cheese, treat etc.
- Continue layering kibble/treat/kibble/treat/etc until you fill KONG to top. Use your knife to pack in HARD!
- Wedge two medium size treats into the large hole at bottom (this will be difficult, you might break a few at first, keep trying!)
- Turn KONG over and shake. If something falls out, pack in harder until you can shake it and nothing falls out.
- Put your dog in a sit/stay. Place KONG on floor. Wait for dog to look at your face, and tell him cue like, "KONG!"
- Watch a favorite television show for the next half-hour while your dog drives himself nuts dissecting his new favorite thing!

KONG 201 (for dogs who are easily de-stuffing KONG 101 in less than half an hour):



- Soak kibble in plain yogurt/beef broth/anything tasty and liquid until slightly soft.
- Follow KONG 101 recipe above.
- Place in freezer overnight
- Put your dog in a sit/stay. Place frozen KONG on floor. Wait for dog to look at your face and tell him cue "KONG!"
- Watch a favorite television show for the next 1.5 hours while your dog drives himself nuts dissecting his KONG-sicle!

KONG 301



- Mix plain yogurt with plain oatmeal to a very stiff paste.
- Smear entire interior of KONG with something spreadable such as peanut butter
- Place the tastiest thing you can at the small-end hole of KONG
- Continue to stuff KONG with layers of oatmeal mixture interspersed with small treats until you get to the top
- Plug large hole of KONG with two medium-size treats, making sure their ends are firmly stuck into the oatmeal mixture.
- Freeze hard and give to dog. Enjoy your hours of freedom while dog de-stuffs!
- As this does not contain the dog's normal staple diet, this should be a meal replacement only 2-3 times a week or less.



KONG 401 (the KONG toy pictured at left is an extremely difficult item for dogs to de-stuff, and should be considered the ultimate in KONG-Dog University):

- When first offering this toy, stuff fairly simply so the dog can learn how to de-stuff. Due to the different size and shape, the dog will need to use different techniques to de-stuff and this takes time.
- After the dog is doing well with simple stuffing, gradually increase the difficulty using the recipes 201, 301, 401 above.



KONGS as meal replacements. Please note: If your dog is not on a proper feeding routine, you cannot use this as mental entertainment. Your dog will not work hard to get the food out. He will lick at it a few times and leave it. If he is on a proper feeding routine, he will work VERY hard to de-stuff the KONG and it is the same as a difficult crossword puzzle or a math problem...after he's done, he will shake himself, lie down, and probably sleep. This is high-level mental entertainment! Even a very young puppy can easily dissect the beginner-level KONG described below.

Dogs initially try to de-stuff KONGS by simply licking at them and following them as they are pushed by the licking. As time goes by, however, you will see your dog learning extremely creative and effective ways to de-stuff.

Some dogs jam them into a certain corner of the kitchen or learn how to fix them in place with their paws to dissect. Many dogs actually learn to drop them down stairwells and then clean up the stuff that falls out or climb onto furniture and drop them to the floor!

Because some of the items in a KONG can be messy, please offer the KONG somewhere that you do not mind wiping up if necessary. You can offer KONGS in a crate if you wish.

- Buy at least two Kongs that are the largest size that your dog can pick up. For most dogs above 15 pounds, the size LARGE is what you will want (about the size of a large fist). Black is the strongest KONG, red is the next strongest, and most other non-brand-name KONG type toys are crap and your dog will be able to rip them to pieces easily. They cost less but it's not worth it.
- Offer KONGS as meal replacements as often as possible.
- Stuff KONGS creatively and offer as meal replacements as often as possible. NOTE: KONGS are dishwasher safe. Other brands of similar toys may not be.

How to Clean a KONG

1. Rinse with warm water and dish soap.
2. If stubborn treats, like dried peanut butter, don't rinse out, try soaking the KONG in warm water and dish soap to loosen the leftovers.
3. Use a bottle brush or old tooth brush to scrub the inside of KONG.
4. Be sure to rinse thoroughly.
5. All KONG Rubber toys are top-rack dishwasher safe.

Check out the Kong website for other recipes and resources.

<https://www.kongcompany.com/learn/stuffing-recipes>