

Food puzzles help build confidence, frustration tolerance, and resilience. They also help to redirect puppy chewing and biting, speed up crate training, and sooth other puppy & older dog frustrations. Food Puzzles come in all shapes, sizes, and functions, from make-your-own to store-bought, and kibble feeders to lickables.

HERE ARE SOME OF OUR FAVORITES:

## Make Your Own

- Muffin Tin - fill with kibble, with or without a cover.
- Egg Carton - cut in half or close for different difficulty.
- Toilet Paper Tube - cut some holes and close the end.
- Towel - scatter kibble on the ground and cover it up.
- Baby Food Jars - fill with peanut butter for licking fun.



## Shop - Kibble Feeders

- **Planet Dog Orbee Snoop**
- **Trixie Puzzle Boxes**
- Maze Bowls
  - **Outward Hound**
  - **JASGOOD**
- **Kong Wobbler**
- **SnuffleMat**

## Shop - Lickables

- **Kong Classic**
- West Paw (Pictured Above)
  - **Quizl**
  - **Toppl**
  - **Tux**
- **Top Paw Stuffers**

## TIPS FOR FOOD PUZZLE SUCCESS:

**Start Slowly:** Pick an easy puzzle to start with to help your puppy/dog understand the game. Always observe your dog with any new toy to ensure he is playing with it appropriately.

**Kibble:** Start with dry dog food in the toy and allow your puppy/dog to work at his puzzle. Try to avoid helping him unless he is getting frustrated. You can also get his kibble wet and freeze it in his toy for more difficulty. Feed him his regular meals in the puzzle toy to turn meal time into enrichment!

**Stuffings for Lickables:** Some of our favorite stuffing foods are peanut butter, whole yogurt, cottage cheese, dehydrated dog foods, fruits and veggies, canned fish (in water), meat baby food, wet dog food - and any combination blended up together! Always research first to determine the dog safety of your selected food. Freezing your toy after you stuff it is a great way to create longer-lasting fun!



**Check out this blog to see Roo test out a Trixie Puzzle Box!**

Sometimes dogs need a bit of help learning how to work a food puzzle all the way through. If your pup is always leaving a Kong unfinished, this can be frustrating for them, and ultimately is not giving you both the full benefit of the food puzzle toy! Here are some ideas for getting your dog used to working their Kong (or other lickable toy) all the way to the bottom! Additionally, if your dog gets easily frustrated with the deep Kong toys, try the West Paw Toppl for a slightly easier challenge.

## Teach Your Puppy To Work A Kong



### START SIMPLE



When first starting out, our goal is for your puppy to be successful! Give your puppy an appropriately sized Kong halfway full with some food or treats. When removing the Kong, trade your puppy a treat.

### SEMI-SOLID



After your puppy can work for kibble inside, you can add a semi-solid like peanut butter! Spread it on the outside lip of the Kong for easy access!

### STUFFING FULL



When your puppy is working for kibble and peanut butter, increase use of your semi-solid! Spread the peanut butter along the rim and inside of the lip.

### START FREEZING



When your puppy can easily work a stuffed Kong, place it in the freezer! As your puppy gets smarter and starts finishing quickly, you can mix your semi-solid with the kibble before freezing to increase the difficulty.



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