

# Mental Enrichment Food Toys

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One of the most important things I wish owners do for their dogs is to use mental enrichment food toys.

You are going to feed your dog every day of their life. That is a simple fact. And many people just throw food in a bowl and go about their day.

## **But, there is a better way!**

If you teach your dog to play with their food from a variety of food toys every day you get more bang for your buck.



## **What's in it for you?**

A tired dog!

Your dog is less likely to have destructive behaviors due to boredom

You don't have to walk them for hours or throw the ball for hours to burn off energy-they are doing it themselves when they eat by using their minds more

For dogs that eat quickly they slow down which is better for digestion

It's fun for kids in the family to watch the dog figure it out

## **What's in it for your dog?**

Your dog engages in a mentally fatiguing exercise every day (a tired dog is a good dog)

Your dog learns to entertain themselves

Your dog gains confidence

Your dog has fun

## **Here is a list of my favorite toys.**

### **Hard or soft foods:**

Kong • Toppl • Tux (treat not full meal) • Forage feeders (slo bowls) • Nina puzzles • Twist n' Treat

### **Hard foods or treats**

Kibble Nibble • Magic Mushroom • Kong Wobbler • Pickle Pocket • Starmark Puzzle Ball • Qwisl • Orbee ball • Snoop

Here is a video that covers how to stuff various toys.

[https://www.youtube.com/watch?v=02RZDvFI\\_U](https://www.youtube.com/watch?v=02RZDvFI_U)

Here are two videos that show two different dogs playing with food toys.

<https://www.youtube.com/watch?v=JgzWOAzKmSY>

[https://youtu.be/UQJ\\_f2tNaxQ](https://youtu.be/UQJ_f2tNaxQ)

Variety is the spice of life. If they only have one toy they can figure it out pretty quickly so start getting your dog as many different toys as you can. That way you can rotate them and they don't get bored. You will be so happy you did!



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