



# ENRICHMENT

Enrichment is an important part of a dog's care. It helps reduce stress and anxiety, and is essential in keeping dogs mentally and physically healthy.

Enrichment provides outlets for species-typical behaviors like chewing, shredding, sniffing, licking and playing, and it helps to combat boredom.

An easy way to provide enrichment to your dogs is by trading their dog bowl for one of the following food puzzles so your dog can work for their meals!

## TYPES OF ENRICHMENT

*See next page for examples of enrichment items*

### Kongs

Use with spreadable treats (peanut butter, cream cheese, wet food, etc). Fill Kong generously, but not overflowing. *Can also be frozen for a long-lasting treat.*

### Rolls & Boxes

Use with newspaper and dry treats or kibble. Place dry treats in newspaper, roll or scrunch up and then put inside the paper roll or the box.

### Frisbees & Lick Mats

Use with spreadable treats (peanut butter, cream cheese, wet food, etc). Spread a generous layer on surface. *Can also be frozen for a long-lasting treat.*

### Ice Cubes

Use water or broth in a reusable container and place treats in before freezing. Can also be used with spreadable treats. After frozen, run under warm water to release from container.

### Puzzle Toys

Use with dry treats or kibble. Place dry treats or kibble into puzzle and cover.

### Snuffle Mat

Use with dry treats or kibble. Sprinkle food on top and inbetween cloth pieces.

### Edible Bones and Rolled Rawhides

Always supervise dogs when they have bones.

KONG



SNUFFLE  
MAT



ENRICHMENT BOX  
AND STUFFED PAPER ROLL



FRISBEE WITH  
PEANUT BUTTER

EMPTY  
FRISBEE



LICK MAT

SLOW FEEDER



PUZZLE TOY



ROLLED RAWHIDE  
AND KNUCKLE BONES  
(MAKE SURE TO SUPERVISE)

