



Get Stuffed



What are Kongs?

The KONG is a rubber toy for dogs with a hollow centre. It can be stuffed with healthy food to provide your dog with an outlet to their natural desire to chew and lick. They are dishwasher and freezer safe.

What food can you stuff in a Kong?

Answer- Loads of things! Don't waste your money on the specific Kong Stuffing Paste as this is full of unhealthy ingredients, they don't last long and are expensive when you could choose things from your cupboards.

NB: Avoid grapes, raisins, onions, macadamia nuts, chocolate, avocado

Mashed banana	Peanut Butter
Mashed Potato (including Sweet potato)	Porridge Oats (made with water)
Apple	Weetabix
Carrot	Marmite (give small amounts due to salt)
Pear	Cream Cheese
Green Beans	Natural Yoghurt
Peas	Scrambled Egg
Chopped Peaches	Boiled Egg
Pumpkin	Raw Mince
Mango	Tuna
	Salmon



The really nice thing about Kongs is you can put lots of ingredients together and then stuff them. For example why not make porridge oats with mashed banana or put peanut butter in one end of the Kong with scrambled egg and slices of apple.

You may like to start off with something really easy for your dog like a smear of marmite (they either love it or hate it), once your dog gets used to the toy then you can begin stuffing it with something like mashed potato. When your dog really gets into Kongs then you can start stuffing them and putting them in to the freezer so they are harder for your dog.

