



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	Cranberries
Mashed Potato (including sweet potato)	Ground Flax Seeds
Apple	Peanut Butter (avoid Palm Oil)
Carrot	Porridge Oats (made with water)
Pear	Weetabix (made with water)
Green Beans	Marmite (give small amounts due to salt)
Peas	Cream Cheese
Chopped Peaches	Natural and Greek Yoghurt
Tinned Pumpkin	Scrambled or boiled Egg
Fresh Mango	Raw Mince
Celery	Tuna/salmon/pilchards/mackerel
Strawberries	Honey
Blueberries	Coconut Oil

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 into the freezer so they offer more of a challenge to your dog. Remember, you can use these to make dinner times last longer or to help settle a dog whilst you have visitors.