



Fun food toy fillings

Food toys such as Kongs, Lickimats and other food toys are essential for relieving boredom and also for soothing puppy gums when teething.

Simple fillings

Avoid using just a dry biscuit wedged in a Kong – most dogs find that too boring to work at. Instead, try the following:

- Soaked kibble (dry dog food), or wet dog food, or a mixture of the two -for Kongs and Lickimats
- Cream cheese – Primula cheese spread in tubes is easy to use. Put 2-3 lines of cheese up the Kong. Or use smears of peanut butter (but please check it does not contain xylitol, which is poisonous to dogs.) Spread these over Lickimats too.
- Mix your dog's kibble with cream cheese or peanut butter and use it to stuff a Kong

Try layering the Kong with lots of different shapes and textures of treats and food and then wedge a chew or larger biscuit across the hole. You can use fruits such as apple, strawberries or banana, or vegetables such as carrot, peas, celery, cucumber, green beans or cooked potato. Mashed down, these are good for Lickimats too.

More complex recipes

All these can be frozen!

When you make up these recipes, measure how much will fit in your Kong, other food toy or hollow bone. Freeze the spare in those amounts separately. When you need to refill the Kong simply defrost and fill the bone or Kong. You can also use these to smear across Lickimats.

- Mashed potato, mixed with grated cheese, bits of sausage and liver. Add a sprinkle of garlic powder and white fish meat – be creative
- Cooked Chicken mince mixed with grated carrot and soaked kibble, or pasta if your pup does not have wheat intolerance
- White fish mixed with mashed potato and a little cream cheese, with a tiny bit of garlic and herbs
- Steamed chicken or baked liver: use mashed potato to bind together. You can add bits of cheese and frankfurter for even more interest
- Make Kongicles: these are especially good for teething gums when pups often experience an itching sensation and a heightened need to gnaw intently:
 - Make a broth/stock from either a leftover chicken carcass or beef or lamb joint by putting the carcass in a pan with a few herbs and add some chopped carrot or other suitable vegetables. Half fill the pan with water, bring it to boil, then reduce to a simmer until the liquid has reduced by half. Leave it to cool. Plug the small end of the Kong with peanut butter or cream cheese, pour in the stock and place the Kong in your freezer. When frozen, take it out and give to your puppy.
 - Some pups like real fruit juices: you can dilute these and freeze them, but watch the acid content, as it can damage your pup's teeth as much it can ours.