



Behavior Counseling and Training Courses

Practical, Positive Solutions for People and Their Pets!

## Kong Stuffing

### Level 1 - Beginner

1. The simplest Kong treat is just a little peanut butter or honey smeared around the inside of the Kong, or smeared into the grooves of a KONG Stuff-A-Ball. Your dog will work at this simple little treat, chewing and licking for a long time.
2. Spread peanut butter or honey on a piece of bread and stuff it in the KONG. At first try just rolling the bread up and sliding it in so that part of it is sticking out.
3. Fill the KONG with kibble that will easily come out when your dog shoves the KONG around.

### Level 2 - Intermediate

1. Smear peanut butter or something else sticky around the inside of the KONG and fill it with treats that do not come out easily. To make this even more of a challenge for your dog, only fill it part way then freeze it first. NOTE: If you fill the KONG completely, the pieces may freeze together into a block and be too difficult for a dog who is still just figuring out how to solve the puzzle.
2. Put some Cheese Whiz or some other soft stuffing in the small hole first. Then toss in some dry dog food and/or small dog treats -- broken in pieces -- Bil-Jac works well. Top with some canned dog food mixed with dry dog food and/or peanut butter smeared around the entire inside of the larger hole. Place a dog biscuit into the large opening, and leave about 1/3 of it sticking out.
3. Stuff a small piece of dog biscuit (or freeze-dried liver) into the small hole of the Kong. Smear a little honey (or Kong Stuff 'n product) around the inside. Fill it up with dry dog food. Then block the big hole with dog biscuits placed sideways inside.
4. Fill the KONG with one of the soft filling recipes below. Don't freeze.

### Level 3 - Advanced

1. Freezing whatever recipe you used will make it last much longer
2. Layering sticky stuff with some other filling makes it hard to get out, especially if it is then frozen. See the recipe list below for some great ideas.



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### Some Great Recipes Using Human Food

- **Tuna Salad:** Mix together well: 1 6oz can of light tuna, 2 T. plain non fat yogurt, and 1/4 C. grated carrot. Spoon into KONG toy and freeze.
- Layer kibbles or Bil-Jac or broken treats with peanut butter or cream cheese. Freeze it to make it more challenging.
- **Baby Food:** Mix together some fat-free cream cheese, peanut butter, and a jar of baby food (like bananas or carrots). Cram a solid food item into the small hole at the end of the Kong, then fill with the mixture. Seal the large hole with either more cream cheese or peanut butter. Note: Baby food often contains onion powder which isn't good for dogs. Always check!
- **Instant mashed potatoes** (without the salt) -- or leftover mashed potatoes from dinner -- mixed with crushed dog biscuits.
- **bran cereal** or cheerios with some peanut butter.

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#### **Banana Rama**

Fresh banana

2 tablespoons wheat germ

1 tablespoon plain yogurt (can use your pets' favorite as well)

In a bowl, mash up banana. Then add wheat germ and yogurt. Mash all ingredients together and use spoon to add to Kong. Freeze for 4 hours.

Makes 1 serving for Medium Kong. (Double for every Kong size that is bigger.)

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#### **Cheesy Dental Kong Delight**

*(A very simple and creative way to make any pet drool in delight)*

3 slices of your pets' favorite cheese. Just place the 3 slices of cheese directly onto the grooves of your pets' Melt in microwave for 20 to 30 seconds. Give to pet after it cools.

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#### **Philly Steak**

Steak scraps

1 ounce cream cheese

Place small scraps of the steak inside Kong toy.

Spread cream cheese in large hole to hold scraps.



### **Fruit Salad**

Peaches, and carrot chunks 1/4th of a banana

Place carrots in Kong toy. Mash banana in large hole to hold fruit in place. You can include other fruits and veggies: orange slices, plums, and/or nectarine chunks, celery sticks, broccoli and/or cauliflower, tomato and black olive mixture.

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### **Veggie Kong Omelet**

1 egg

Your choice of shredded cheese

Any vegetable that your pet may like

Scramble egg and fold in vegetables. Put in Kong toy. Sprinkle some cheese over the top of Kong toy opening and microwave for about 20 seconds. Cool thoroughly before giving to dog.

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### **Mac N Cheese**

Leftover macaroni and cheese

Small cube of Velveeta

Melt Velveeta in microwave until gooey. Add Mac n cheese to Kong toy. Pour heated Velveeta into Kong. Make sure it has cooled before giving to your pet.

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### **Aunt Jeannies Archeology Kong - Famous Recipe** *(for the advanced dogs)*

Layer 1: (deepest): Roasted, unsalted cashews, dried fruit, Freeze-dried liver bits

Layer 2: Dog kibble, cookies or liver biscotti, Cheerios, sugar free/salt-free peanut butter, dried banana chips, and apricots

Layer 3: Carrot sticks, turkey or leftover meat.

Place the above ingredients inside an inverted Kong (small open should be on the counter) in the order listed above. Pack all ingredients in the Kong as tightly as possible. Serve immediately or freeze for several hours for a longer lasting treat.

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### Frozen Jerky Pops

Peanut Butter  
Bouillon  
Jerky Strips  
Water

Smear a small amount of peanut butter over small hole in our Kong toy. Fill the toy with cool water and add a pinch of bouillon. Place a jerky stick inside Kong toy and freeze. This also can be put (once frozen) in a children's size swimming pool for a fun day of fishing for your pet.

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### What Else Can I Put In A KONG?

When it comes to entertaining dogs, change is good. Instead of filling your dog's KONG with the same old kibble or biscuits and peanut butter, here are some human food ideas that will provide a new taste treat every day! When you give your dog human food, think "no salt" and "no or low fat". Be sure and cook any meat or fish.

Wheatgerm	Yogurt	Apricots	Baby Food (bananas, carrots)
Bananas	Beef (cooked)	Beef Jerky	Black Olives
Bouillon	Bran Cereal	Bread	Broccoli (raw)
Carrots	Cashews	Cauliflower (raw)	Celery
Cheerios	Cheese (American, Cheddar)	Cheese Whiz	Chicken meat (cooked or canned)
Chicken Broth	Cream Cheese	Croutons (plain)	Dried Fruit (bananas, apricots, apples)
Eggs (cooked)	Fish	Hamburger	Honey
Liver (Cooked or Freeze dried)	Macaroni & Cheese (leftovers)	Nectarines	Nut Butter
Oatmeal	Orange Slices	Pasta Noodles (cooked)	Peaches
Peanut Butter	Potatoes (instant mashed, no skins)	Pumpkin (canned)	Ravioli
Rice	Rice Cakes	Steak (scraps)	Tomatoes (no greens or stems)
Tortellini	Tuna	Turkey	Velveeta



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### How to Stuff a KONG Toy

#### What's a KONG?

The KONG is a nontoxic, dishwasher-safe rubber toy with a hollow center. When stuffed with food, it provides dogs with a healthy outlet for their natural desire to chew and lick. KONGs come in many sizes, from very tiny to extra-large. Some are made for puppies with baby teeth, some are made for regular chewers and some are made for dogs with powerful jaws. There's a KONG out there for every dog!

#### Why Give Your Dog a KONG?

Nature made dogs to hunt, forage, scavenge and work for their food—not have it delivered for free in a bowl! One reason dogs develop behavior problems is sheer boredom, resulting from a lack of physical exercise, problem solving and outdoor exploration and investigation. To make your dog's life more enjoyable, you can give him fun “work” to do when he's home alone or when you can't play with him. Food puzzle toys give dogs a chance to work for their food. They usually have holes on each end or on the sides. A dog must work to get food to come out by shaking, pawing, rolling, nibbling or licking a puzzle toy. The effort dogs make to get their food from these toys eases boredom, reduces destructive behavior and lessens the anxiety they can feel when alone.

#### How to Use a KONG

You can stuff KONGs with almost any kind of food your dog likes. Feed him his meals in a KONG by mixing his regular kibble with a little canned dog food, cottage cheese, yogurt, peanut butter, canned pumpkin or mashed banana. After spooning the mixture into the KONG, you can use a bit of cream cheese or peanut butter to seal everything in. You can also fill your dog's KONGs with special snacks to supplement his diet. See the recipes below for creative KONG-stuffing ideas.

#### Start Out Easy

Dogs don't automatically know how to use food puzzle toys. They need to learn how. When you introduce your dog to the KONG, you'll need to make it easy for him to empty it so he doesn't get discouraged and give up. Use small pieces of kibble or treats that will fall out of the KONG easily.

#### Make It Harder

When your dog learns how to use the KONG and can empty easy KONGs quickly, you can make his job more difficult. He'll love the challenge!

- Use bigger pieces of food. Wedge chunks of fruits and veggies and larger biscuits inside the opening of the KONG.
- Put a few cubes of cheese inside the KONG. After stuffing it with the cheese and some of your dog's regular food, put the KONG in the microwave for just five to eight seconds so that the cheese gets sticky and soft. (Be sure that the KONG is completely cool before you give it to your dog.)



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- Hide your dog's KONGs around your home. Dogs love finding hidden food and unpacking stuffed food puzzle toys! Try putting your dog's breakfast in KONGs and hiding them right before you leave for work in the morning. Your dog will have a great time working for his meal while you're away. (A word of warning: Some dogs can make a bit of a mess while enjoying KONGs. If a KONG has soft or wet food inside it—or if your dog tends to drool a lot when chewing on things—you might want to give him KONGs only when he's in his crate, outside or confined in a room with flooring that's easy to clean, like tile or linoleum.)
- Make a KONGcicle! They're great for spring and summertime outdoor enjoyment. First, put a dab of peanut butter at the bottom of the KONG to seal the small hole. Then turn the KONG upside down and place it in a cup. Stuff the KONG with kibble, canned food, cottage cheese, mashed potatoes, banana or anything else you like. Pour a little chicken broth or gravy into the KONG and freeze it overnight.

### **KONG Stuffing Recipes**

Here are some of our favorite recipes. Give them a try—or make up special recipes of your own! Just be sure to avoid foods that can be dangerous to your dog, like onions, garlic, avocados, macadamia nuts, bread dough, grapes and raisins, moldy foods, artificial sweeteners, fatty cuts of meat and chocolate.

### **Main Courses**

#### ***The Basic KONG***

You'll need:

- A special treat for "dessert," like a cube of freeze-dried liver or jerky
- Your dog's kibble
- Canned dog food
- Sticky sealer (a blob of peanut butter, processed cheese or cream cheese)

Drop the special treat into the bottom of the KONG. Then mix together your dog's kibble and a few spoonful's of canned dog food. Spoon the mixture into the KONG. When the KONG is filled, seal all the food inside using a dab of peanut butter, a smear of processed cheese or a little cream cheese. If you find that your dog can lick the KONG clean within just a few minutes, try freezing it overnight before giving it to him to satisfy him longer.

#### ***Meat and Potatoes***

You'll need:

- Ground turkey, chicken, lean hamburger or cubed chuck steak or roast
- Potatoes, brown rice, cooked oatmeal or crumbled whole wheat bread
- Kidney beans and grated raw or lightly steamed veggies

Combine equal parts meat and potatoes or grain. Stir in a spoonful of beans and a sprinkle of raw grated or steamed and mashed veggies. Freeze the KONG overnight or serve it warm.

#### ***Chicken Stew***

- 1 whole chicken or fryer parts (breast and thighs)
- Potatoes or cooked brown rice, oatmeal or millet
- Vegetables: Some that dogs like raw (grated or finely chopped) are parsley, carrots, zucchini, lettuce, bell peppers (green, red, orange and yellow), fresh corn, celery, tomatoes and beets. Some veggies

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that dogs enjoy steamed are green beans, broccoli, asparagus, cauliflower, potatoes and hard winter squash.

In a soup kettle, cover the chicken with water, lightly salt and spice to taste, and add chopped veggies—celery, carrots, diced tomato, bell pepper, etc. If you're using potato, add that to the stew as well. If you're using grains, cook them separately. When the stew is done, you're ready to combine everything. Put equal parts of meat and grain or potato in a large bowl, along with a tablespoon or two of the vegetables. (The vegetables should amount to about five percent of your dog's meal.) Then spoon the mixture into a KONG. If you're going to freeze the KONG, you can add some broth as well.

#### ***Itchy Dog KONG (for dogs with allergies on restricted prescription diets)***

Because dogs with food allergies usually can't have regular treats or chews, it can be challenging to come up with ways to add variety to their diets. Using KONGs to feed your allergic dog can help spice up his life. Just be sure to check with his veterinarian or dermatologist for a list of approved foods before you get started. The following recipe includes ingredients that many dogs with food allergies can eat. You'll need:

- Your dog's prescription kibble
- A few spoonful's of water or prescription canned food
- Grated, steamed or raw asparagus spears, broccoli, zucchini and/or carrots
- A few chunks of apple, banana, watermelon, cantaloupe, a strawberry, some blueberries or a section of orange
- A hypoallergenic biscuit, formulated for dogs with food allergies (ask your dog's veterinarian about where to find these)
- Baked russet or sweet potato
- Vegetarian refried beans

First drop the fruit into the bottom of the KONG for dessert. Then mix together your dog's kibble, the wet food or water, and the veggies. Put a spoonful or two of the mixture into the KONG. Then put a chunk or two of potato in. Repeat, layering the mixture and potato until the KONG is almost filled. Finally, cram the biscuit into the end of the KONG. Seal everything in with a dab of the vegetarian refried beans. Serve warm, at room temperature or frozen.

### **Snack KONGs**

#### ***Warm Veggie Delight***

You'll need:

- Cauliflower, broccoli, asparagus, zucchini, yellow squash, bell peppers, green beans, tomatoes, peas and/or carrots (use any or all of the above)
- Grated parmesan cheese (optional)

Chop the veggies into chunks, grate them or steam and mash them. Put a few veggies into a KONG. Sprinkle in a spoonful of cheese. Repeat, layering the veggies and cheese until the KONG is full. Then microwave the KONG for five to eight seconds, just until the veggies are warm and the cheese is soft. Make sure the veggies and cheese aren't too hot to eat before giving the KONG to your dog. To



challenge him, you can freeze the KONG after stuffing and microwaving it. (The melted cheese will be hard to get out after it's been frozen with the veggies.)

### ***Western KONGmelete***

You'll need:

- One egg
- Cheese
- Bell peppers and tomatoes

Grate the bell peppers or lightly steam them. Chop the tomatoes into chunks. Then scramble one egg with a sprinkle of cheese. Spoon the cheesy egg and the veggies into a KONG. Seal the KONG with a small chunk of cheese. Serve warm.

### ***Fido's Fruit Salad***

You'll need:

- Cottage cheese or yogurt (only use plain or naturally sweetened yogurt—not yogurt with artificial sweeteners, which can be toxic to dogs)
- Banana and melon (any kind)
- One small marshmallow

Cut the fruit into chunks and put them into a KONG until the toy is about two-thirds of the way full. Holding the KONG upside down, spoon cottage cheese or yogurt into the remaining space. Finally, finish by putting a small marshmallow into the KONG. Serve at room temperature or frozen.

### ***"Pupkin" Pie***

You'll need:

- Canned or freshly cooked pureed pumpkin
- Yogurt or cottage cheese (only use plain or naturally sweetened yogurt—not yogurt with artificial sweeteners, which can be toxic to dogs)
- Cooked oatmeal
- Low-fat graham cracker

Put a spoonful of cooked oatmeal at the bottom of the KONG to seal the small hole. Then put two spoonfuls of pumpkin into the KONG. Follow with a spoonful of yogurt or cottage cheese. Repeat, layering the pumpkin and yogurt or cottage cheese until the KONG is almost full. Then cram a few pieces of graham cracker into the end of the KONG. Serve warm or frozen.

### ***The Nutty Monkey***

You'll need:

- Half a banana, cut into slices
- Peanut butter
- Roasted peanuts
- Plain, vanilla or strawberry yogurt (only use plain or naturally sweetened yogurt—not yogurt with artificial sweeteners, which can be toxic to dogs)
- A spoonful of wheat germ





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Put a blob of peanut butter into an empty KONG to seal the small hole at the bottom. Add a few roasted peanuts. Mix the banana slices with a few spoonfuls of yogurt and the wheat germ. Then spoon the mixture into the KONG. Seal the KONG at the top with another blob of peanut butter. Serve at room temperature or frozen.

### **Late-for-Work KONGs (As Easy As It Gets)**

Running late? If you're busy and don't have time to create culinary works of art, you can simply take a few seconds to try the following ideas. This is KONG stuffing at its fastest!

- Keep a stash of halved bananas in your freezer. When you're on the run, just grab a banana half and slide it into a KONG. Or slice an apple into wedges and insert one or two of those into a KONG.
- Cram a large dog biscuit or two into a KONG. If necessary, squeeze the KONG when inserting the biscuits to change the shape of the hole and fit them in.
- If you feed your dog raw food, try purchasing frozen raw medallions, which easily pop into a KONG. Just turn the KONG upside down on a counter, large hole facing up, and push the medallion into the KONG using the heel of your palm.
- Use a squirt of Cheez Whiz<sup>®</sup>. Just insert the nozzle into the small end of the KONG and squeeze in some cheese. You can also use a similar product made by the KONG Company, called KONG Stuff'N<sup>™</sup> Paste, which comes in liver and peanut butter flavors.
- Smear a spoonful of peanut butter or cream cheese (preferably low-fat) on the inside walls of a KONG. If you think that your dog might finish licking out the KONG too quickly, consider preparing a few peanut butter or cream cheese KONGs in advance and leaving them in your freezer for quick use when you're in a hurry.