

Ditch the food bowl

Enrichment is a necessity for a happy healthy pet and these ideas are simple and cost effective.



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For more information or advice
please contact the Pet Care Helpline
on 8930 0606 or visit our website
www.darwin.nt.gov.au.



Boredom Busters


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Great pets
start with
YOU



Meeting our dogs needs

Treat and food puzzles can provide dogs with the perfect brain gym to exercise their mind, which can assist with reducing boredom and in turn reduce behavioural concerns that may be heightened with boredom. 

The following recipes can be placed in any food puzzle feeders that you buy such as a Kong or LikiMat, or you can make your own from our up-cycle ideas.

- Tinned sardines (in spring water)
- Bone broth 
- Raw mincemeat
- Plain cottage cheese (not creamed)
- Cooked mashed pumpkin (cooled)
- Plain natural yoghurt
- Organic peanut butter WITHOUT Xylitol
- Chicken pieces
- Dog biscuits 
- Green lipped mussels 



A healthy, well-adjusted animal is one whose needs are being met in their entirety.

Our dog's mental and physical health are equally important.

Activities

- Scatter your dog's food in a small area.
- Place a few different treats and food in a suitable size box, place some in scrunched up paper or empty toilet rolls for your dog to forage through.
- Choose a suitable size plastic bottle. Remove the lid, neck ring and label. Put some tasty treats / dry food in the bottle and let them roll the food out.
- Lay a towel out flat, place food along the top then fold it over to just cover the food. Repeat this until the towel is rolled up like a sausage roll but not too tightly.

TIPS

- Start easy and then increase the challenge as your dog gets better.
- If your dog can complete it in under 5 minutes it is too easy.
- You may have to show your dog how to get started.

Up-cycle

- Old yogurt cups that are cleaned out are great to use for wet food.
- Muffin tins - place wet food in each mould & cover with tennis balls.
- Egg cartons make great food puzzle.
- Toilet rolls / hand towel rolls - fold an end in and fill with treats / food then fold the other end in (like a bon bon)
- Play with your dog.
- Let them sniff on walks.
- Create treat and meal "treasure hunts."
- Provide them a spot to dig like a shell pool with sand.

