

SNIFFING OUT SOLUTIONS

INTRODUCING KONGS & SIMILAR FOOD DISPENSERS



UNDERSTANDING FRUSTRATION

When first introducing a food dispensing toy to your dog they may seem uninterested due to a low **tolerance of frustration**. This means it is too difficult to get the food out so they give up, no matter how delicious or tempting the reward.

START SLOW

In order to reduce frustration ensure the item is easy to get food out of and filled with extra tasty goodies. You want to think of the type of dispenser to use just as much as what you want to put inside it.



WHAT TO PUT FOOD IN

A dispenser can be anything, from recyclables such as folded toilet paper tubes or small boxes filled with kibble to a true Kong. One of our favorites is the Busy Buddy Twist 'n Treat, easy to fill and you can adjust the opening as needed.

CHOOSING FOOD

We like to pair peanut butter (no xylitol!) or plain Greek yogurt with kibble, fruit, or meat. The peanut butter or yogurt will make the treat last longer which will build your dog's frustration tolerance.



GET CREATIVE!

Switch up food and dispensers as your dog becomes more used to them. Once they are no longer frustrated you can begin to freeze them for longer lasting treats. Blended fruit or broths can be a great choice.

