

Homemade Enrichment

The Goldilocks Zone

Not too Hard, but not too Easy Think of foraging like grade school. Different dogs have different levels of skill, experience, and motivation. Some dogs may have kindergarten level skills and others grade 12. It's important to determine your dog's skill level and provide them with the right kind of foraging opportunities. For each item listed below the ideas progress from easy to hard – which level does your dog like?

Grass

Take your dogs kibble or treats and toss it in the grass!

This is one of the easiest ways to provide foraging enrichment for your dog that will keep them busy for a long time.

Destructables

(If your dog is prone to ingesting foreign objects go to “non destructible”)

Paper Towel Roll

- 1.Fill with food. Pinch ends
- 2.Fill with food. Pinch and fold ends.
- 3.Fill with food. Twist and tie off ends with twine. Punch a few holes in the tube.
- 4.Fill with food. Twist and tie. Punch two holes.
- 5.Fill with food. Twist and Tie. No holes.
- 6.Fill with food and stuff with newspaper. Twist and tie. No holes. Hidden around the house.

Plastic Bottles

- 1.Cleaned and Dried. Lid off. Punch or burn several holes in it.
- 2.Cleaned and Dried. Lid off. Fewer holes.
- 3.Cleaned and Dried. Lid off. Two holes.
- 4.Cleaned and Dried. Lid off. No holes.
- 5.Cleaned and Dried. Lid on. Must be destroyed to yield its riches.
- 6.Cleaned and Dried.
- 7.Attached to wooden pole set on frame or hung on a string. Must be flipped/bashed or destroyed to get kibble (think tether ball).

Cereal Box

1. Cut off one surface of the box. Choose the front or back of the box. Put food in.
2. Cut off one surface of the box. Choose the Left or right side. Put food in.
3. Cut off one surface of the box. Choose the top or bottom. Put food in.
4. Cut half of one surface. "Bowl" is half covered.
5. Food in intact cardboard box with lid open.
6. Food in intact cardboard box. Close lid.
7. Cardboard box in cardboard box. Close lids. Food in both boxes.
8. Increasing layers of Russian nesting doll cardboard boxes. Food in each layer.
9. Russian nesting doll layers of cardboard boxes. Food only in some layers.

Old Rag or T shirt or Socks

1. Scrunch up fabric and scatter kibble in folds.
2. Lay kibble out on fabric and roll up.
3. Roll up kibble in fabric. Tie a knot.
4. Roll up kibble in fabric. Tie multiple knots.
5. Roll up kibble in fabric. Tie multiple knots and wrap in another piece of fabric. Food in each layer.
6. Increasing layers of fabric with kibble rolled up. Tie knots. Kibble in only a few layers.

Cereal Box

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See Next Page for Non-Destructable Ideas

Non - Destructables

(If your dog is prone to ingesting foreign objects)

Cupcake Pan

1. Food in cupcakepan. Essentially 12miniature bowls instead of one big one.
2. Kibble mixed with wet food (eg.Canned food, canned pumpkin, yogurt, wet dog food etc.)
3. Kibble and wet food frozen
4. Kibble and wet food frozen. Balls or other objects placed in each hole.
5. Kibble and wet food. Balls or other objects frozen into place.
6. Kibble and wet food. Frozen balls. Wrapped in paper or placed In box/bin.

Cookie Sheet

1. Kibble on the cookie sheet. A really shallow flat bowl!
2. Kibble mixed with smeary food on sheet. Think lick mat!
3. Kibble and wet food frozen.
4. Kibble and wet food frozen on a few sheets, then stacked.
5. Kibble and wet food stacks frozen together.
6. Kibble and wet food frozen stacks wrapped in paper or placed in box.

Peanut Butter Jar

1. PB jar with no lid.
2. PB jar with lid and several punched or burned holes.
3. PB jar with lid and a few holes.
4. PB jar with lid and only two holes (never do just one hole, to prevent creating a suction that could pull your dog's tongue into the hole and cause permanent damage!).
5. PB jar with two holes and gilled with toilet paper rolls.
6. PB jar with two holes and filled with toilet paper rolls and padded up paper towels.

Easter Eggs

1. Plastic easter eggs or small containers stuffed with food. You may first have to start with them open.
2. Then only partially closed.
3. Then fully closed.
4. Then fully closed and scattered around one room.
5. Then scattered around multiple rooms.
6. Then hidden around multiple rooms.

PVC Pipe

1. PVC with a bunch of holes drilled in it and only one end capped.
2. PVC with a bunch of holes drilled in it and both ends capped.
3. PVC with two holes and both ends capped.
4. PVC two holes, both ends capped, and stuffed with other inedible objects that are too large to fit through the holes.
5. PVC stuffed with objects, two large holes, ends capped and suspended by a rope a foot or so above the floor.
6. Suspended just above the height of the dogs head.

