



## Kong Recommendations

You can fill a Kong with just about anything that is healthy for dogs. To get you started, here are some ideas of items to put in your Kong dog toy (always start in moderation until you know what agrees with your pup):

- Canned dog or cat food
- Peanut butter
- Apples
- Yogurt
- Banana's or dried banana chips
- Fruit
- Cheese
- Meat
- Fish, tuna or salmon
- Veggies
- Eggs
- Nuts
- Pumpkin
- Zukes and other healthy treats
- Liverwurst
- Dry dog or cat food

If you freeze a filled Kong, they last much longer. Frozen Kongs are also great for pups that are teething or for those outside during the summer months.

If you are using a number of Kongs throughout the day, use them to feed your dog by placing his/her food inside, then adding cheese or liverwurst and placing it in the freezer for a few minutes. And please remember to wash your Kongs either in the sink or send them through the dishwasher often to keep them clean and safe for your pup.