

HOW TO FILL A KONG®

Quick Filler:

Best for classes

Smear some meat or fish paste, Marmite®, peanut butter or spreading cheese around the cavity, place some shaped biscuits or broken bone biscuits to help fill the cavity and fill the spaces with tasty treats such as cheese, hotdogs, sausage or chicken, finish off by topping with more paste or spread.

Iced Kong:

Put a plug of cheese in the hole at the small end of the Kong, this will prevent any leakage while it is setting, place the Kong in a cup, wide side uppermost, fill the cavity with your dogs' usual dry food, make up a weak solution of lamb, chicken or vegetable stock and pour into the Kong and place into your freezer to set.

(Great on a hot day out of doors)!

Veggie Kong:

Fill the cavity with broccoli, carrots, turnip or whatever vegetables your dog likes, then get 1 small egg and some cheese, beat the egg and add the vegetables and cheese, mix all together and put it into a Kong.

Place upright into beaker and microwave for 10-20 secs to seal everything in; allow to cool thoroughly before giving it to your dog.

Calm Kong:

A calming Kong to encourage natural relaxation:

put pieces of Turkey meat (NOT Turkey skin though) with some cooked and mashed Sweet Potato, turkey is the best meat to use as it contains Tryptophan which is a natural sleep inducing chemical and Sweet Potato contains high levels of 'anti-stress' B-vitamins.

'Ollie' Pops:

As a variation, use the take plastic containers from salad bars, take aways etc and chop up fruit, (NOT grapes or raisins), vegetables, chicken, hot dogs, sausages, lamb and some dry kibble, place some of the mixture in the bottom of the container and fill with water, put the lid on and stack the containers in the freezer. On a hot day they can have this in the garden to help cool them down and give them something to do.