

Slow Feeders

DIY a slow feeder by using a muffin tin (right side up or upside down) or even a “no-tip” bowl flipped upside down. Want to level it up? Place balls over the muffin cups so your foster dog has to move them to reach their food, or freeze the entire muffin tin with water and dog food for a longer-lasting activity. You can also add dog-safe fruits and veggies (in moderation).

Make a DIY snuffle mat with a shag rug. Hide kibble in the fabric for scent-based foraging.

Lay a towel down, sprinkle kibble on, and fold/roll up for your foster to forage for dinner. You can increase difficulty by tying a loose knot. Supervise and be sure your foster isn't chewing apart or eating any fabric if you try this one!



Raid Your Recycle Bin!

Hide treats inside **tissue boxes** (with the plastic removed) or small cardboard boxes like microwave meals come in. Once your foster has figured out how to get to those treats easily, you can add more pieces of a brown paper bag to make it trickier.

Stuff paper towel or toilet paper tubed with dry food, cap ends with a small amount of peanut butter or wet food, fold, and freeze for challenge. Moisten food first for better freezing to level up

You can even use paper egg cartons as enrichment feeders!

Paper or cardboard is safe if eaten in **moderation**. These are perfect for dogs who destroy toys!

Pupsicles

Fill a plastic cup with a meal, then add water and freeze. Run the cup under warm water to remove the frozen popsicle and let your foster dog enjoy!

You can also add dog-safe fruits and veggies in moderation.



Sniffy Walks

Take a **sniff-centered walk**! Let your foster dog lead the way, exploring scents at their own pace. These mental-stimulation walks allow them to thoroughly investigate safe areas. Busy locations like parks work well if your dog is comfortable. Remember: it's their walk, so let their nose guide you!



Teach Tricks

Teaching dogs sit, lie down, and stay all can help your foster on their journey to adoption. Some other fun tricks to teach can be spin and roll over!



Name Game

Play the "**name game**": reward with a treat for your foster animal responding to their name.



Find It

Use high-value treats (like plain chicken)—first, reward sniffing/pawing at your hand, then hide treats around the house. Keep treats tiny and occasional!



Dog Safe Foods

These are okay if given in moderation (unless your foster is on a special diet).

yogurt (plain, lowfat)

pumpkin (canned)

wet dog food

peanut butter

blueberries

peas

sweet potato

applesauce (unsweetened)

carrots

strawberries

banana (frozen)

broth (low sodium, no garlic/onions)

cottage cheese

shredded cheese

eggs (fully cooked)

cantaloupe

zucchini

seedless watermelon

squash

spinach

cooked rice

oatmeal

green beans

cucumber

cauliflower

broccoli

yams (canned)

Unsafe Foods

Never feed these!

Grapes or Raisins

Onions

Garlic

Chocolate

Bones (cooked or raw)

Rawhides

Xylitol or Birch Sugar- a sweetener usually found in gum, but sometimes in other foods like peanut butter - be sure to check labels!)



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