



## RSPCA School for Dogs Information Sheet

# Kongs

Kong dog toys are uniquely shaped, durable rubber toys with a hollow centre, which can be filled with food or treats. A Kong's unpredictable bounce lures most dogs into an ongoing game of chase, catch and chew.

Un-stuffing Kongs is a very popular and challenging activity for our canine companions. It is important for physical and mental stimulation and can keep dogs contentedly busy for hours. Kong dog toys are widely used and recommended by veterinarians and dog trainers for therapy and prevention of problem behaviours.

Kong's exclusive natural rubber compound is specially designed for reliance, durability and bounce. It is chewer friendly, non-toxic, nonabrasive and does not become sharp or splintered when chewed.

When starting out using kongs with your dog, try simple recipes first. If you try an advanced recipe to start with, your dog may give up! Over time, your dog will become an experienced kong emptier. We have grouped the following recipes into simple (for inexperienced kong emptiers), challenging (for intermediate kong emptiers), and extreme (for experienced kong emptiers)

### Simple

- **Quick Kong**  
Use vegemite, honey or peanut butter and wipe a large amount on the inside of the Kong with a knife, getting it all the way to the end. It won't last a long time but will do in a hurry.
- **Cheesy kong**  
Stuff some pieces of cheese into a kong and place in the microwave for 20-30 seconds. Ensure the kong is cooled before giving it to your dog. You can also try this with dental kongs.
- **Inside out kong**  
Roll the kong in raw egg, then roll in grated cheese, liver treat crumbs and/or crunched up dry food. A little messy, so best used outside.
- **Quick frozen kong**  
Seal the small end of a kong with peanut butter or vegemite. Fill the kong up with a solution of beef or chicken stock, broth or fruit juice. Seal the larger end of the kong with some more peanut butter or vegemite, and freeze. Definitely one for outside.
- **Fishy-Kong**  
Seal small end of Kong with peanut butter or vegemite. Fill with a mix of sardines, mackerel or tuna. Freeze to help this recipe last longer.



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### Challenging

- **Honey-Kong**  
Try using dry kibble mixed with a little honey in the microwave for 10 seconds, then pack tightly into Kong and refrigerate. Honey will set and be more difficult to get out.
- **Scent kongs**  
Take an old towel and rip it into 4 pieces. When you're next on your walk, rub each one of the pieces on something interesting - maybe a piece of grass that dog is sniffing around a lot, on another friendly dog or along some lavender bushes. Place them each into a different plastic bag and when you get home, push each of the pieces of towel into a different KONG and hide around the garden.
- **Raw kong**  
Stuff a kong with raw pet mince, BARF pattie, minced chicken frame/neck etc. Freeze for a longer lasting KONG.
- **Hide and seek kong**  
Hide the KONG with a few treats inside around the garden or inside the house and teach a "find" cue to get your dog's innate nose work and hunting drive stimulated. Try more than one kong for a longer lasting game.
- **Mushy banana KONG**  
Mush up a banana and mix with some plain yoghurt. Stuff as much as you can into a kong. Freeze for longer lasting entertainment!

### Extreme

- **Chicken-Kong**  
Fill your Kong with raw chicken necks or a chicken wing. Freeze. Gives long lasting entertainment.
  - **Kong on a Rope**  
Take the rope, put it through a classic Kong toy and Knot it. Take some dry food and fill the Kong toy. Hang it upside down (the small hole should be facing the ground) from a tree, deck or post. Make sure the toy is hanging low enough, that it is just out of the dogs reach. The dog will spend hours trying to retrieve the kibble out of the Kong toy. At the end of the day take the rest of the kibble and give to your dog as a reward.
  - **Sand pit kong**  
Pack the kong with liver treats, dry food and other doggy treats. Bury the kong in your dogs sandpit and cover up.
  - **Frozen berry kong**  
Smear the inside of a kong with honey. Fill the kong with frozen berries (raspberry, blueberry etc). Plug the large end of the kong with a piece of banana or apple. Experienced kong emptiers will learn to drop or bounce the kong on the ground to dislodge the contents!
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BE CREATIVE!! But be sensitive to your dog's tummy as you experiment. Some foods are not healthy for dogs. If unsure check with your vet first!

### Resources

<https://www.kongcompany.com/recipes/>

<https://www.rover.com/blog/ultimate-kong-stuffing-recipe-guide/>

<https://www.puppyleaks.com/healthy-foods-you-can-stuff-in-a-kong/>

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