



## 50 WAYS TO USE THE KONG by Dr. Jez Rose

Recipes Your Dog Will Love @ <http://www.labmed.org/catalog/kong2.html>

### FEEDING TIME

Retire your food bowl & stuff your dog's daily food allowance into a KONG to offer more stimulation and exercise

Stuff your dog's KONG with Peanut Butter, your dog's regular food, small pieces of fruit and then freeze them? Within a few hours you will have a frozen chew toy to increase your dog's fun at meal time.

Split your dog's daily ration of food into 4-5 KONGS and hide them around the house or garden.

If you must use a food bowl glue a KONG using no-toxic glue into a food bowl & fill the KONG to prevent food scoffing

### TREAT TIME

Place a few small bits of cheese and peanut butter in to the KONG and microwave for a few seconds so the cheese melts and the KONG is warm but not hot

Plug the small hole with peanut butter, cheese, vegemite, cheesybite, cream cheese, or wet food and then fill the KONG with stock or juice and freeze for those hot summer days, just what the doggie doctor ordered

Roll the KONG in raw egg and then in grated cheese

Replace the tennis ball on the swing ball with a small stuffed KONG; you and your dog will have fun hitting the KONG and gobbling the treats

Stuff your KONG with rice paper soaked in fish oil, beef stock, or orange juice...yummy

Find clever way to time the release of a stuffed KONG while you are away. Try placing a KONG on the edge of a water filled plastic bottle, higher than you dog can reach, and put a tiny pin hole in the bottom side of the bottle. As the water leaks out and the bottle becomes lighter, the KONG will fall to the ground

Thread a rope through the KONG and place lots of loose treats inside. Now suspend between 2 trees or garden fence posts and encourage your dog to jump up at the KONG to dislodge the treats like a KONG piñata

Stuff with squeezy cheese, layers of paper, treat, and small pieces of cheese for an extra challenge

Cover your KONG with doggy toothpaste to freshen up your dog's breath

Stuff your KONG with rice paper soaked in fish oil, beef stock, or juice

## TRAINING TIME

Invest in 4 KONGS and place treats in only 2 of them, but change which KONGs & how many have treats in them. Place them in a sit stay while you prepare them & release the dog for extra control & stimulation

Use both a KONG classic and KONG extreme so you have 2 different coloured KONGS. Use them to aid recall & for a game by teaching your dog to retrieve specific colour on cue. Now teach your dog to drop them in a bucket and tidy up.

Once your dog understands the KONG means fun & tasty treats carry it with you to use as a reliable recall aid in areas of distraction, proofing a stay, or just getting your dog's attention

Teach a "go to" exercise placing the KONG in a specific place you wish your dog to be, such as his bed

Wrap your KONG in bacon & drag it along the ground to help teach your dog nose work or tracking skills. A well stuffed, bacon covered KONG is the prize reward at the end.



## PLAY TIME

Replace your tennis ball or other throw toys with a KONG & use it for retrieve & catch games; the shape & design of KONG make its bounce erratic & helps stimulate innate chase instincts.

Tie a rope or chain of old socks to the KONG & play chase; you can loosely stuff with a few treats so that the dog is rewarded along the way for interacting with the KONG

If your dog loves water, place KONG on top of a sprinkler so that the water sprays through the KONG; they will love this change and have great fun trying to get it while getting wet.

Place plenty of dry treats inside & play catch between 2 people; as the KONG flies through the air, the treats will fall out & your dog will love running between the 2 of you, chasing the KONG and the treats

Put all of your dog's toys away apart from KONG; play & interact with your dog using only the KONG for the week & you will never have to buy another dog toy again.

Thread 5 or more small or medium KONGs onto a long line or long piece of rope, knot it to secure them & tie a handle at one end to drag along, use this for chasing or even tug games

Thread your KONG onto a training line or piece of fleece & tie it to your belt, leaving it long enough so it drags on the floor...now run!

Play "distance catch" look it up under Dr. Ian Dunbar's K9 Games

Carefully unpick a stuffed dog toy & remove all the stuffing; now place your unstuffed KONG inside & stitch the toy back up; now you have got a cuddle toy that is super bouncy & erratic & safe



## **STIMULATION TIME**

Hide the KONG with a few treats inside around the garden or the house & teach "find" cue to get your dog's innate nose work & hunting drive stimulated

Warm KONG under your arm or microwave or simply left in some warm water for your puppy's first night at home. Something warm has been shown to relax pups to settle

Use a stuffed KONG to stimulate your dogs with "Houdini" style games. For example: place it into a crate or cage & close but do not lock the door & see if your pup will work out how to get in

Use several KONGS to create a pyramid or pile of KONGs stacked up but only one of which has the treats inside

Place a trail of liver treats leading to a stuffed KONG toy. Start with a short trail then gradually lengthen the trail so it becomes a rewarding hunt for the KONG

Tie a KONG to each end of a thick rope or braided thick fleece for extra rigidity to create a dumbbell which can still be stuffed

Take an old towel & rip into 4 strips; when you are out on walk rub each strip on something of interest to your dog such as grass, another dog, lavender, etc & place each one in a bag; when you get home place each strip into a separate KONG and allow your dog to investigate them for scent enrichment

Keep a Puppy KONG in the fridge to help soothe those gums when teething

Buy 4 KONGS & alter each one so that they all look the same but one does something different, to add variety & keep your dog guessing; one might be stuffed with different treats, another with kibble rations, another dipped in orange juice, & another rubbed in a scent or with a squeaker



## CHALLENGE TIME

Kong bobbing! Place a large bowl of water with a KONG or two in the bowl; Entice your dog to fetch the KONG out of the water for a treat

Thread some rope through the KONG & stuff with your dog's favourite treats; Now tie to a tree or at a height just out of reach of your dog so he has to jump up to get it!

You can never have too many KONGS; while one is being washed you can be playing with another; while one is in the freezer you can be preparing another; Buy 3 & play "find the treats" by placing treats under just one KONG & asking your dog to scent out the correct one

Stuff your KONG & then seal it into an A4 envelope & give to your dog; they will have a blast working it out

Push your stuffed KONG into an old sock & throw it around or use it as a slingshot; or offer it to your dog to chew with this added layer

Hang a KONG Tails or stuffed KONG from a tree & make it even more exciting by hanging it using a bungee cord

Place KONG into old socks then wrapped in newspaper or straw to vary the texture & noise

Set a plastic pipe or wooden pole into the ground & balance a stuffed KONG toy on top; the dog has to work out how to knock it off

Tie a loosely but well stuffed KONG to a remote controlled car

Stuff the KONG, place in a cardboard box & smear the KONG contents about the box; now seal & give to your dog

Make a KONG launcher with a rock & a plank of wood & play retrieve once the KONG has been launched or teach your dog to launch it himself like fly ball

Tie your stuffed KONG to a bungee cord & attach to a door frame, using it like a baby bouncer with a KONG instead of a baby

Freeze a stuffed KONG into a ice block for your dog to chew away at and discover



KONG YOUR DOG WILL LOVE  
YOU FOR IT!