

# **K9 Magic Food Enrichment Guide**

## **Fun DIY Food Games You Can Make At Home**

Dogs are natural problem solvers. In the wild they spend much of their time searching for food, using their nose, brain, and body. Food enrichment activities recreate these natural behaviors in a safe and fun way. Just 10–15 minutes of enrichment can mentally tire a dog more than a long walk.

**Created by K9 Magic Dog Training**

### ***Muffin Tin Puzzle***

- Place kibble in a muffin tin.
- Cover each cup with tennis balls or small toys.
- Let your dog remove the balls to find the food.
- Great for problem-solving and scent work.

### ***Towel Roll Game***

- Sprinkle kibble across a bath towel.
- Roll the towel tightly.
- Allow your dog to unroll it to find the food.
- Encourages natural foraging behavior.

### ***Frozen Kong***

- Fill a Kong with yogurt, pumpkin, peanut butter, or kibble.
- Freeze for several hours.
- Give to your dog as a long-lasting enrichment activity.
- Perfect for calming anxious or high-energy dogs.

### ***Sniff and Seek Dinner Game***

- Hide small piles of kibble around the room.
- Tell your dog 'Find it!'
- Allow them to search using their nose.
- Excellent for mental stimulation.

### ***Lick Mat Calm Down Activity***

- Spread yogurt, peanut butter, or mashed banana on a lick mat.
- Freeze if desired.
- Licking naturally helps calm and relax dogs.

### ***Cardboard Box Treasure Hunt***

- Place treats in a cardboard box.
- Add crumpled paper or packing material.
- Allow your dog to dig and sniff to find the food.

### ***Bottle Puzzle***

- Place kibble inside an empty plastic bottle.
- Cut small holes so food falls out when rolled.
- Your dog learns to manipulate the object to earn food.

### ***Safety Tips***

- Always supervise enrichment activities.
- Remove toys if your dog begins chewing or swallowing pieces.
- Choose ingredients safe for dogs.
- Adjust difficulty so your dog stays engaged but not frustrated.

Food enrichment isn't just entertainment. It builds confidence, reduces boredom, and strengthens the relationship between you and your dog. If you'd like help building engagement, structure, and communication with your dog, visit [www.k9magic.net](http://www.k9magic.net) to learn more about K9 Magic training programs.