

**TOOLS & JOB AIDS**

# Enrichment Recipe Book

## What's Inside:

Quick and easy DIY enrichment recipes  
to enhance shelter dogs' experiences and  
prepare them for adoption.

# Table of Contents

<b>The Value of Enrichment</b> .....	3
<b>Sample Enrichment Schedule</b> .....	4
<b>Preparing Enrichment Basics:</b>	
<b>Cutting Treats &amp; Diluting Liquids</b> .....	5
<b>Enrichment Recipes:</b>	
Nutty Monkey .....	8
Apple Cheesecake .....	9
Cheese Pizza .....	10
Crunchy Chunk .....	11
Savory Pumpkin .....	12
Savory Apple .....	13
Breakfast Burrito .....	14
Frozen Yogurt .....	15
Frozen Bones .....	16
Artic Delight .....	17
Pumpkin Cup .....	18
Doggie Trail Mix .....	19
Easy-Peasy Cheesy Bones .....	20
Kibble & Cheese .....	21
Snack Wraps .....	22
Icies .....	23
Scent Tubes .....	24

# The Value of Enrichment

Providing animals with a wide variety of enrichment keeps them mentally stimulated. And offering individual animals their favorite type of enrichment is a great way to enhance that animal's experience at your shelter and prepare them for adoption.

The enrichment program at the ASPCA Behavioral Rehabilitation Center (BRC) has made it possible for daily care staff to help fearful and undersocialized dogs by creating positive associations with humans. Based on our learnings at the BRC, we encourage shelters to include their entire staff in the enrichment process, especially the daily care staff who interact with animals most frequently.

Read on to find fun, feeding enrichment ideas the BRC uses with the animals in their care!

**! Please Note:** It's best to consult with your veterinarian before providing food-based enrichment and watch for any food allergies that specific animals may have.

## Who Should Use Enrichment?

At the ASPCA, we like to say, "everyone is on the behavior team." To us, that means that everyone can—and should—support the animals' behavioral and mental health in everything they do. Check out our online course collection to learn more about this concept.



# Sample Dog Enrichment Schedule

This sample schedule packed with variety in shapes, sizes, and, flavors makes dog enrichment a part of your everyday routine and keeps canines happy and healthy. Plus, the easy-to-implement ideas will have you wagging your tail too!

Print and post it in food/enrichment prep areas and wherever you house canines.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Playtime:</b> all pods	<b>Playtime:</b> all pods	<b>Playtime:</b> all pods	<b>Playtime:</b> all pods	<b>Playtime:</b> all pods	<b>Playtime:</b> all pods	<b>Playtime:</b> all pods
<b>Pupsicles:</b> pods A and B	<b>Pupsicles:</b> isolation pods	<b>Pupsicles:</b> pods E and F	<b>Pupsicles:</b> pods C and D	<b>Pupsicles:</b> pods A and B	<b>Pupsicles:</b> isolation pods	<b>Pupsicles:</b> pods E and F
<b>Kong-like toy:</b> pods C and D	<b>Kong-like toy:</b> pods A and B	<b>Kong-like toy:</b> isolation pods	<b>Kong-like toy:</b> pods E and F	<b>Kong-like toy:</b> pods C and D	<b>Kong-like toy:</b> pods A and B	<b>Kong-like toy:</b> isolation pods
<b>Puzzle toy:</b> pods E and F	<b>Puzzle toy:</b> pods C and D	<b>Puzzle toy:</b> pods A and B	<b>Puzzle toy:</b> isolation pods	<b>Puzzle toy:</b> pods E and F	<b>Puzzle toy:</b> pods C and D	<b>Puzzle toy:</b> pods A and B
<b>Chews:</b> all pods	<b>Chews:</b> all pods	<b>Chews:</b> all pods	<b>Chews:</b> all pods	<b>Chews:</b> all pods	<b>Chews:</b> all pods	<b>Chews:</b> all pods
<b>Scent:</b> isolation pods	<b>Scent:</b> pods E and F	<b>Scent:</b> pods C and D	<b>Scent:</b> pods A and B	<b>Scent:</b> isolation pods	<b>Scent:</b> pods E and F	<b>Scent:</b> pods C and D

## Key:

**Playtime** – 45 supervised minutes in an indoor or outdoor exercise area

**Pupsicles** – Dog food or peanut butter mixed with water & frozen inside small plastic containers (like yogurt cups)

**Kong-like toy** – Rubber toy with hollow center for placing treats inside

**Puzzle toys** – A treat dispenser manipulated by the dog

**Chews** – Any chewable toy or treat approved by your veterinarian; supervision may be required

**Scent** – Toys infused with high-interest dog scents such as vanilla, peppermint, etc.



[Return to table of contents](#)

## Preparing Enrichment Basics

Having the basics prepped in advance is a time-saver and helps you stay on track with your enrichment schedule. Consider having a flavor of the week or a weekly schedule of recipes and prepare ingredients one week at a time.



## Cutting Treats - What You'll Need:

### Food Items:

- Hot dog
- String cheese
- Beef or chicken meat roll
- Block cheese

### Prep Tools:

- Cutting board
- Knife
- Food storage containers
- Refrigerator to store prepared treats



## Cutting Hot Dogs and String Cheese

- Step 1:** Cut the hot dog or string cheese in half, lengthwise. Repeat twice until the hot dog or string cheese is quartered into four long slices.
- Step 2:** Chop the slices into pea-sized bits, no more than 1/4 inch wide.
- Step 3:** Place pieces in food storage container and keep in refrigerator until ready for use.

## Cutting Block Cheese and Rolled Semi-moist Dog Food

- Step 1:** Cut slices across the width of the block cheese or food roll, making each slice no more than 1/4 inch wide.
- Step 2:** Dice each slice into pea-sized pieces, making each cut no more than 1/4 inch from the last.
- Step 3:** Place pieces in food storage container and keep in refrigerator until ready for use.

## Diluting Liquids - What You'll Need:

### Liquid Items:

- Broth cubes
- Apple juice

### Prep Tools:

- 8-cup container
- Gallon container
- Fork or other utensil to stir with
- Microwave
- Refrigerator to store prepared liquids



## Diluting Broth

- Step 1:** Place 2 broth cubes in 8-cup container. Fill the container with water and heat for 90 seconds in the microwave.
- Step 2:** Remove from microwave. Using a fork, break the broth cubes up into smaller and smaller pieces until they fall apart completely.
- Step 3:** Pour the mixture into gallon container. Dilute the mixture by adding water until container is full.
- Step 4:** Shake well and refrigerate.

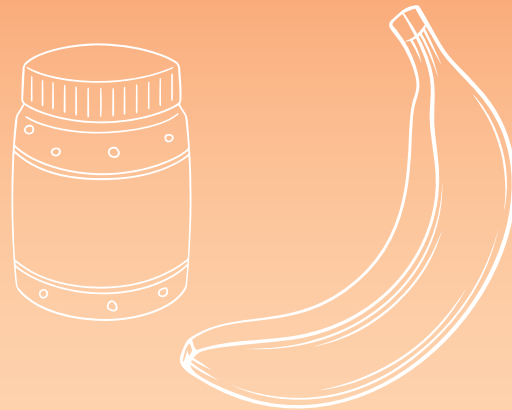
## Diluting Apple Juice

- Step 1:** Pour apple juice into an 8-cup container until it's no more than 3 inches full.
- Step 2:** Add water until the container is full.
- Step 3:** Shake well and refrigerate.

## Nutty Monkey

### Ingredients:

- Frozen bananas
- Xylitol-free peanut butter
- Xylitol-free plain yogurt
- Hollow chew toy



**Step 1:** Place one spoonful of peanut butter into a hollow chew toy. Holding the toy upright, tap the bottom against the countertop until peanut butter drops to the bottom of the toy.

**Step 2:** Place frozen banana chunk into the toy; push and force if needed. Then place one more spoonful of peanut butter into the toy and tap again until it drops further in.

**Step 3:** Top with 1-2 spoonful of plain yogurt, then 1 last spoonful of peanut butter.

### My Notes:

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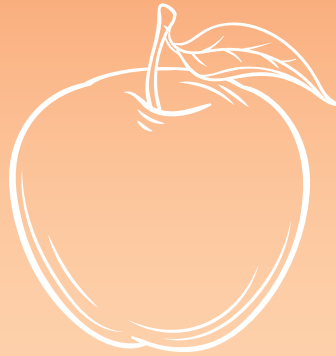
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# Apple Cheesecake

## Ingredients:

- Graham crackers
- Applesauce
- Low-fat cream cheese
- Hollow chew toy



**Step 1:** Place one spoonful of cream cheese into a hollow chew toy. Holding the toy upright, tap the bottom against the countertop until cream cheese drops to the bottom of the toy.

**Step 2:** Break  $\frac{1}{2}$  of one sheet of graham crackers into chunks and place into the toy. Then place one spoonful of applesauce into the toy and let it fall on top of the graham cracker chunks.

**Step 3:** Top with 1-2 spoonfuls of cream cheese.

**Note:** *Adjust amounts for smaller chew toys. If time allows, use a separate container to mix some finely crushed graham cracker crumbs into the cream cheese—yummy!*

## Cheese Pizza

### Ingredients:

- Kibble
- Meat sticks, cut into small pieces
- Canned cheese
- Hollow chew toy



**Step 1:** Place 1-2 squirts of canned cheese into a hollow chew toy. Holding toy upright, tap the bottom against the countertop until cheese drops to the bottom of the toy.

**Step 2:** Add kibble (no more than  $\frac{1}{4}$  cup) and 1-3 small pieces of meat.

**Step 3:** Top with canned cheese, covering the toy opening.

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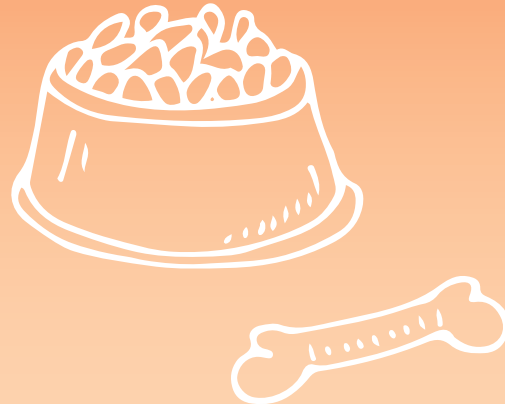
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## Crunchy Chunk

### Ingredients:

- Kibble
- Cottage cheese
- Dog biscuits
- Hollow chew toy



**Step 1:** Place 1 spoonful of cottage cheese into a hollow chew toy. Holding the toy upright, tap the bottom against the countertop until cottage cheese drops to the bottom of the toy.

**Step 2:** Add kibble (no more than  $\frac{1}{4}$  cup) and 2 more spoonfuls of cottage cheese.

**Step 3:** Place 1 biscuit in (or  $\frac{1}{2}$  biscuit for a smaller toy) so that one end is stuck in the cheese, and the other is poking out of the toy opening. Squish a little more cottage cheese in to secure the biscuit, if needed.

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## Savory Pumpkin

### Ingredients:

- Dog food
- Canned pumpkin
- Dehydrated chicken pieces
- Fresh bananas or xylitol-free applesauce (do not use both)
- Dog biscuit
- Hollow chew toy



**Step 1:** Mix 1 large can of pumpkin and  $\frac{1}{2}$  cup chicken bits. Stir in 2 mashed bananas or 1 cup applesauce.

**Step 2:** Place a few pieces of dry dog food into a hollow chew toy, covering any openings on the bottom. Add 3-4 spoonfuls of pumpkin mixture into the toy.

**Step 3:** Place 1 large treat or biscuit so that one end is stuck in the pumpkin mixture and the other is poking out of the toy. You can add a little more pumpkin mixture to secure the biscuit if needed.

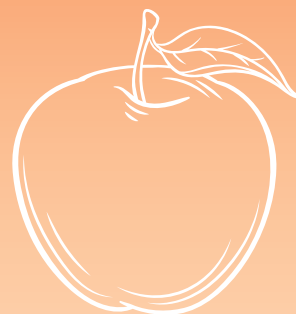
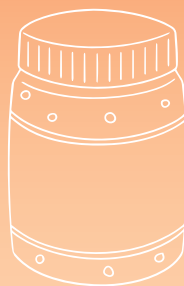
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## Savory Apple

### Ingredients:

- Fresh apples
- Apple corer
- Xylitol-free peanut butter



**Step 1:** Place the apple upright on the counter and push the apple corer down the center to remove the core. Throw the apple core away. Be sure to throw out any seeds where curious pups can't get to them!

**Step 2:** Use a spoon to fill the hole with peanut butter.

**Step 3:** Place prepared apple treats in the freezer overnight.

**Note:** *Serve frozen for a fun and challenging treat!*

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## Breakfast Burrito

### Ingredients:

- Cottage cheese
- Cheese powder or canned cheese
- Dog biscuits or dry kibble
- Bacon-flavored treat
- Hollow chew toy or paper cup



**Step 1:** Add cheese powder to a container of cottage cheese and mix until it looks like scrambled eggs.

**Step 2:** Add crushed dog biscuits or dry kibble and mix.

**Step 3:** Place one large spoonful of mixture into hollow chew toy or paper cup.

**Step 4:** Freeze.

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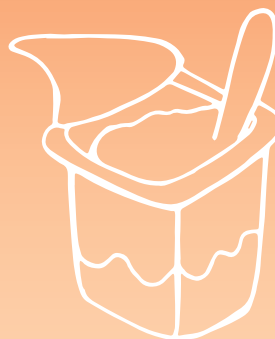
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## Frozen Yogurt

### Ingredients:

- Xylitol-free vanilla yogurt
- Graham crackers
- Paper cup



**Step 1:** Mix 3 cups of yogurt and  $\frac{1}{2}$  cup of crushed graham crackers.

**Step 2:** Place enough of the mixture in a small paper cup to fill it halfway.

**Step 3:** Freeze.

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## Frozen Bones

### Ingredients:

- Wet dog food
- Bacon-flavored treat or meat sticks
- Hollow bone-shaped chew toy



**Step 1:** Whip wet dog food until it's a creamy texture.

**Step 2:** Add wet food into hollow bone-shaped chew toy.

**Step 3:** Add little pieces of treat or meat sticks onto wet food at opening of toy.

**Step 4:** Freeze.

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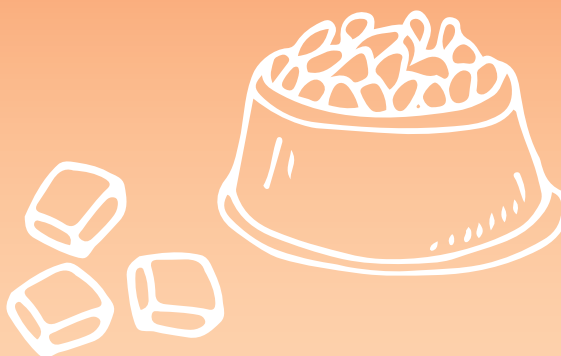
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## Arctic Delight

### Ingredients:

- Wet dog food
- Dog biscuits or dry kibble
- Bacon-flavored treat
- Paper cup



**Step 1:** Whip wet dog food until it's a creamy texture.

**Step 2:** Add crumbled dog biscuits or dry kibble and mix.

**Step 3:** Add mixture to a paper cup, filling halfway.

**Step 4:** Sprinkle a couple of small pieces of bacon-flavored treat on top.

**Step 5:** Freeze.

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## Pumpkin Cup

### Ingredients:

- Mini dog biscuits
- Pumpkin puree
- Xylitol-free yogurt
- Cups



**Step 1:** Mix 3 tablespoons of pumpkin puree into a full large container of yogurt.

**Step 2:** Spoon the mixture into paper cups.

**Step 3:** Stick mini dog biscuits into the mixture and freeze overnight!

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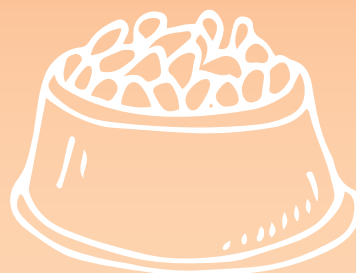
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## Doggie Trail Mix

### Ingredients:

- Cheese powder or xylitol-free peanut butter powder
- Dry kibble
- Meat sticks
- O-shaped oat cereal
- Paper bags



**Step 1:** Add 2 spoonsful of either cheese or peanut butter powder, 2 cups of dry kibble,  $\frac{1}{4}$  cup of meat stick pieces, and  $\frac{1}{2}$  cup of cereal into a large mixing bowl.

**Step 2:** Toss all ingredients until fully coated in powder and mix well.

**Step 3:** Spoon  $\frac{1}{4}$  cup portions into paper bags and serve.

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## Easy-Peasy Cheesy Bones

### Ingredients:

- Canned cheese
- Dry kibble
- Synthetic or plastic chew bone



**Step 1:** Line hard chew bone with canned cheese on one side of the bone.

**Step 2:** Add 3-5 pieces of kibble on top of cheese.

**Step 3:** Freeze.

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## Kibble & Cheese

### Ingredients:

- Cheese powder
- Dry kibble
- Xylitol-free yogurt
- Paper bags



**Step 1:** Add 2 tablespoons of cheese powder to 8 oz of yogurt; 4 tablespoons if using entire 16-oz container.

**Step 2:** Mix in dry kibble; 2 cups for  $\frac{1}{2}$  the container and 4 cups for the entire container.

**Step 3:** Spoon  $\frac{1}{4}$  cup portions into paper bags and freeze.

### My Notes:

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## Snack Wraps

### Ingredients:



- Cheese powder or xylitol-free peanut butter powder
- Meat sticks or dry bone-shaped treat
- Brown packing paper or cardboard cereal-type box

**Step 1:** Toss 10 small broken-up pieces of desired treat (meat stick or dry bone-shaped treat) in desired powder flavor.

**Step 2:** Wrap the mixed portion in packing paper or cereal box.

**Step 3:** Clean up the paper wrapping after the treat is enjoyed.

**Note:** *To make a large batch, use a large mixing bowl to toss the treat with powder.*

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## Icies

### Ingredients:

- Diluted beef broth, chicken broth, or apple juice
- Dry dog food
- Soft dog treats or biscuits
- Containers of various sizes



**Step 1:** Fill your freezer with empty containers of varying sizes.

**Step 2:** Pour enough dry dog food into each container so that the bottom is covered, but the food forms a thick layer, no more than 1-inch thick.

**Step 3:** Add either 1-3 soft dog treats or 1 biscuit to each container.

**Step 4:** Fill each container with the broth or apple juice of your choosing and let freeze overnight. You can alternate these flavors and have a “Flavor of the Week” to keep things fresh and interesting!

**Note:** Make sure to follow portions carefully to avoid making tummies too full!



## Scent Tubes

### Ingredients:

- Cardboard tubes
- Kibble
- Scent of the week (partridge, squirrel, rabbit or deer). Scents can be purchased online or at an outdoor retailer.



**Step 1:** Collect empty toilet paper or paper towel tubes. One by one, push the end of the tube in by pressing down on half of one end with your thumbs.

**Step 2:** Repeat, so that one end of each tube is fully closed.

**Step 3:** Squeeze 2 drops of the “scent of the week” into each tube, letting it drip down the side so that the scent spreads.

**Step 4:** Place 3 pieces of kibble into each tube.

**Step 5:** Close the other end of each tube by repeating Step 1. When both ends are closed, it should look like this:

