

Kong Stuffing

Sandra Myers, CPDT-KA
Alohomora Dog Training

Apples (no core, stems, or seeds)

Applesauce

Asparagus

Bananas

Blackberries

Blueberries

Broccoli

Broth (low/no sodium)

Brussels Sprouts

Cantaloupe

Carrots

Cauliflower

Celery

Cheese (Kong Squeezer brand)

Chia Seeds

Coconut Oil

Cottage Cheese

Cream Cheese

Cucumber

Eggs (raw or cooked)

Flax Seed or Meal

Golden Paste

Green Beans

Green Juju

Honey (local!!!)

Kale/Mixed Greens

Kibble

Oatmeal

Meats (raw or cooked)

Peanut Butter (*with NO xiolitol*)

Peas

Pineapple

Pumpkin (canned or fresh)

Rutabaga

Sardines (in water, no salt)

Spinach

Squash

Steak

Strawberries

Sugar Snap Peas



1. Topper
(coconut oil, squeeze
cheese, PB, SB)

2. Stuffing
Healthy ingredients!

3. Junky, or Big
Treats!
Stick cookies or a
bully stick here to
lengthen the time it
takes your dog to
get through Kongs!

Sunflower Seed Butter

Sweet Potato/Yams

Watermelon

Yogurt (plain, lowfat)

Wet Dog Food

Zucchini

Kongs should be stuffed with at least one wet ingredient (wet dog food, broth soaked kibble, peanut butter etc.) and mixed with any number of other ingredients on this list. Try to keep Kongs overall healthy by limiting the amount of junkier ingredients in the mix. Fruits can be higher in sugars and starches so use them in moderation! Kongs can be prepped in bulk and frozen for convenient grab-and-go enrichment and/or management!