

# DOG ENRICHMENT

Recipes, Scents & Ideas



# Introduction

This recipe book offers easy, food-based enrichment ideas designed to improve daily care and long-term outcomes for shelter dogs. Recipes can be rotated by flavor, scent, texture and shape, helping ensure each dog regularly experiences something new, engaging and rewarding!

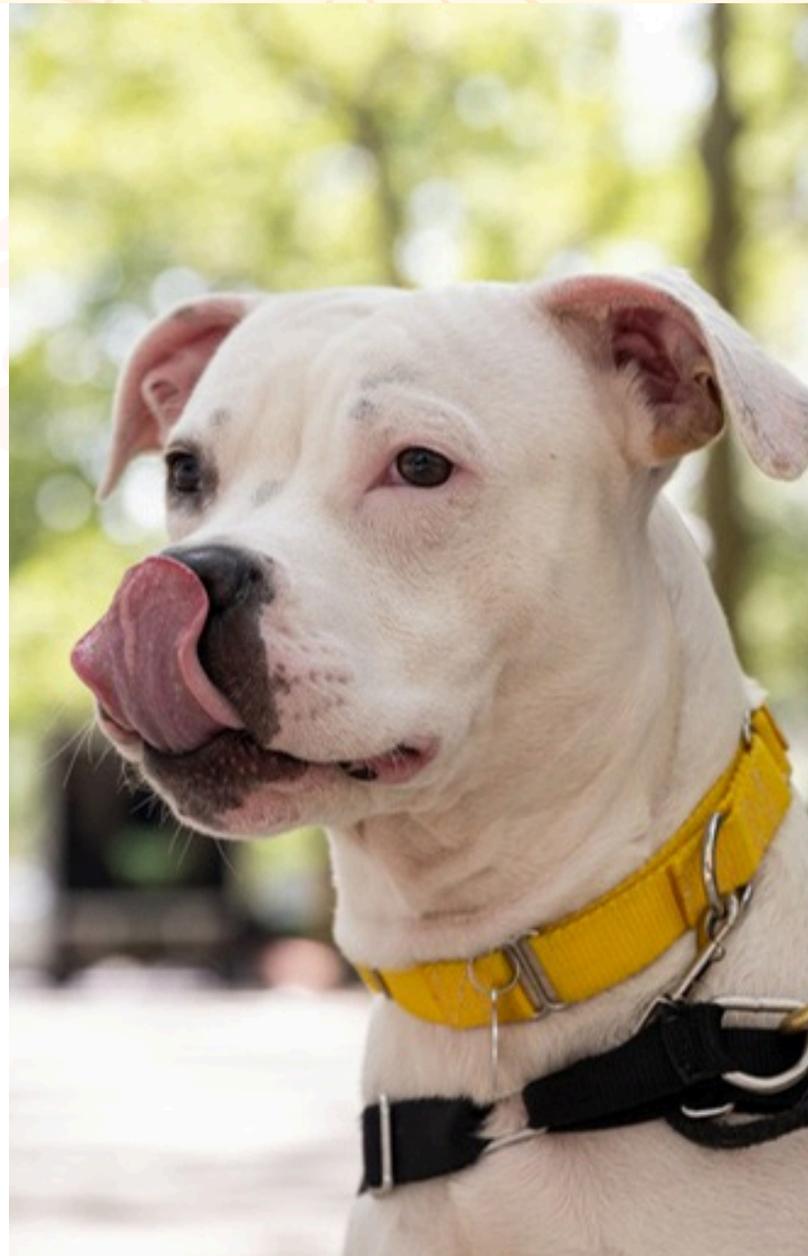
## Food enrichment helps:

- Reduce stress and frustration in shelter dogs
- Encourage natural behaviors like licking, chewing and problem-solving
- Support positive behavioral outcomes and overall well-being

These recipes are simple to prepare, making them ideal for staff, volunteers and foster caregivers. With minimal supplies and optional donated ingredients, shelters can create meaningful enrichment that improves dogs' daily lives and supports successful placement and rehabilitation. It's an easy way to make a big impact – for the dogs, the people who care for them and the outcomes that matter most.

## Table of Contents

A Bone to Pick .....	2
Apple Cheesecake .....	3
Biscuits and Gravy .....	4
Breakfast Burrito .....	5
Breakfast Sandwich .....	6
Broth Cubes .....	7
Calming Scent .....	8
Charcuterie .....	9
Cheese and Crackers .....	10
Cheese Pizza .....	11
Chicken and Rice .....	12
Chicken Pot Pie .....	13
Coconut Treats .....	14
The Crunchy Chunk .....	15
Dipped Bones .....	16
FroYo Treats.....	17
Fruit Cup .....	18
Grab Bag.....	19
Happy Belly Molds .....	20
Ice Cream Cones .....	21
Icies .....	22
Kibble and Cheese .....	23
Meatball on a Cracker .....	24
Milk and Cereal .....	25
Mixing Calming Scents .....	26
Mixing Prey Scents .....	27
Movie Time .....	28
Nesting Boxes .....	29
Nutty Monkey .....	30
PB & Banana Treats .....	31
PB & Cream Cheese Sandwich .....	32
PB&J .....	33
Prey Scents .....	34
Pumpkin Apple Cookies .....	35
Re-Stuffed Animal .....	36
Snack Wraps .....	37
Trail Mix .....	38
Yummy Tummies GI Molds.....	39



# A Bone to Pick

## Instructions

1. Whip wet dog food with a fork until creamy.
2. Add to top of bone, smear on each end.
3. Freeze.



Whip  
canned  
food with  
water.



Smear canned food  
on bone.

## Supplies

- Pate wet food
- Hard chew bones
- Bowl
- Fork



Pate  
canned  
food



Bones

# Apple Cheesecake

## Instructions

1. Let cream cheese sit out so that it softens to room temperature.
2. Combine applesauce and cream cheese in mixing bowl or blender in a food processor.
3. Place spoonful into vessel.
4. Crumble graham cracker onto mixture in vessel.
5. Freeze.



Stir cream cheese and applesauce.



Pour spoonful into vessel.



Top with graham crackers.

## Supplies

- 3 cream cheese boxes
- Applesauce, 78 oz
- Box graham crackers
- Bowl or food processor
- Spoon



Cream cheese



Graham crackers



Applesauce

# Biscuits and Gravy

## Instructions

1. Empty two cans of canned dog food into bowl.
2. Add 5 tablespoons powdered cheese.
3. Mix well.
4. Spread mixture on a milkbone and then put another milkbone on top of that mixture.
5. Freeze.



Mix canned food and cheese powder.



Smear mixture on a milkbone.



Place a milkbone on top of the mixture.

## Supplies

- Medium-sized milkbones
- 2 cans pate canned dog food
- Cheese powder



Medium-sized milkbones



Canned dog food



Cheese powder

# Breakfast Burrito

## Instructions

1. Cut craft paper into squares approximately 4"x4".
2. Cut the number of squares needed.
3. Combine all ingredients into a large bowl.
4. Place 2 tablespoons of mixture on a piece of craft paper.
5. Twist each end up so the paper is closed like a candy.
6. Freeze.



Mix all ingredients in a bowl.



Place 2 tablespoons of mixture on paper.



Twist ends to close.

## Supplies

- 6 cups cottage cheese
- 2 cups kibble
- 3/4 cup treats
- Bowl
- Spoon
- Craft paper



Treats



Kibble



Cottage Cheese



Bowl



Spoon



Craft Paper

# Breakfast Sandwich

## Instructions

1. Combine cottage cheese, kibble and treats into a large bowl.
2. Divide mixture onto graham crackers.
3. Top each with a graham cracker to make a sandwich.
4. Freeze.



Mix all ingredients in bowl.



Place a tablespoon of mixture on cracker.



Top with additional cracker.

## Supplies

- 6 cups cottage cheese
- 2 cups kibble
- 3/4 cup treats
- Graham crackers
- Bowl
- Spoon



Cottage Cheese



Kibble



Beggin Strips



Graham Crackers



Bowl



Spoon

# Broth Cubes

## Instructions

1. Mix broth, chicken together in a bowl.
2. Pour into molds.
3. Place one mini dog biscuit in each mold. (optional)
4. Freeze.



Mix ingredients together in bowl.



Place in mold.

## Supplies

- Broth
- Canned chicken
- Mini dog biscuits (optional)
- Silicone mold or ice cube tray
- Bowl
- Spoon



Broth



Can chicken



Dog biscuits



Spoon



Bowl



Silicone mold

# Calming Scent

## Instructions

1. Crumple paper into a ball.
2. Place paper in labelled bucket.
3. Spray 2 sprays into bucket, shake and spray 2 more sprays.
4. Let dry.
5. Place paper balls in large plastic bag labelled for the Calming Scent of the Day.
6. Place into tote labelled Calming Scents in order of the days of the week.



Cut paper in squares.



Ball up paper.



Spray paper.



Finished product.

## Supplies

- 5" x 5" pieces of craft paper
- Calming Scent of the Day
- Plastic bag labelled with the Calming Scent of the Day

### Sample Schedule

- Monday: Chamomile
- Tuesday: Vanilla
- Wednesday: Valerian
- Thursday: Ginger
- Friday: Cinnamon
- Saturday: Lavender
- Sunday: Ylang Ylang



Plastic bag



Bucket



Oil and water spray



Paper squares

# Charcuterie

## Instructions

1. Squeeze a zig zag of canned cheese on graham cracker.
2. Sprinkle a teaspoon of treats over the cheese.
3. Press the treats down into the cheese.
4. Place in the freezer on parchment paper.



Squeeze cheese on cracker.



Sprinkle treats over cheese.



Finished product.

## Supplies

- Saltines or graham crackers
- Canned cheese
- Treats



Graham crackers



Canned cheese



Treats

# Cheese and Crackers

## Instructions

1. Squirt canned cheese on a saltine.
2. Freeze.



Squirt canned cheese on a cracker.

## Supplies

- Saltines
- Can cheese



Saltines



Canned cheese

# Cheese Pizza

## Instructions

1. Squirt some canned cheese on a vessel.
2. Add a few pieces of kibble.
3. Cut up treats into smaller pieces (if needed).
4. Add 1-3 pieces of treats
5. Top with squeeze of can cheese.
6. Freeze.



Finished product.

## Supplies

- Kibble
- Canned cheese
- Treats



Kibble



Canned cheese



Treats

# Chicken and Rice

## Instructions

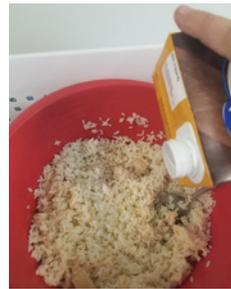
1. Cook instant rice in microwave.
2. Mix in a can of canned chicken to wet.
3. Add broth to wet.
4. Fill molds.
5. Freeze.



Cook rice.



Mix in chicken.



Mix in broth.



Add to mold and freeze.

## Supplies

- 3 cups instant rice
- 1 box broth
- 1 can of chicken
- Bowl
- Spoon
- Silicone mold



Canned chicken



Rice



Broth



Spoon



Bowl



Silicone mold

# Chicken Pot Pie

## Instructions

1. Mix canned chicken, veggies and broth in a bowl.
2. Place in assigned vessel.
3. Crumble saltines over mixture.
4. Freeze or serve room temperature.



Mix ingredients together.



Place in vessel and crumble cracker over top.

## Supplies

- Canned chicken
- Frozen mixed veggies
- Broth
- Saltines



Canned chicken



Mixed veggies



Broth



Saltines

# Coconut Treats

## Instructions

1. Mix coconut oil, oats and peanut butter in a bowl until well mixed. Batter should be wet, if not add more peanut butter.
2. Press into molds.
3. Freeze.



Mix all ingredients in a bowl.



Press into mold.

## Supplies

- 2/3 cup coconut oil
- 2/3 cup shredded coconut
- 6 tablespoons peanut butter
- 5 cups oats
- Bowl
- Spoon
- Silicone mold



Silicone mold



Bowl



Spoon



Coconut flakes



Peanut butter



Oats



Coconut oil

# The Crunchy Chunk

## Instructions

1. Add 2 tablespoons of kibble to assigned vessel.
2. Place 1 tablespoon of cottage cheese on top of kibble.
3. Place a small biscuit in the middle sticking up.
4. Freeze.



Add kibble.



Add 1  
tablespoon  
cottage cheese.



Add  
biscuit.

## Supplies

- Kibble
- Cottage cheese
- Dog biscuits



Kibble



Cottage  
cheese



Biscuits

# Dipped Bones

## Instructions

1. Pour desired amount of powder into bowl.
2. Add just enough water to give it a texture like gravy.
3. Dip bones or smear mixture on bones.
4. Freeze.



Mix powder with water.



Add water until desired consistency.



Apply to bones and freeze.

## Supplies

- Cheese powder
- Peanut butter powder
- Bones
- Bowls
- Water
- Spoons



Peanut butter powder & cheese powder



Spoon



Bowl

# FroYo Treats

## Instructions

1. Crush graham crackers.
2. Combine yogurt and graham crackers.
3. Pour into vessel.
4. Freeze



Crush graham crackers.



Mix graham crackers with yogurt.



Pour into vessel.

## Supplies

- 2.5 containers yogurt
- 2 1/2 cups graham crackers
- Bowl
- Spoon
- Silicone mold



Yogurt



Graham crackers



Bowl



Spoon



Silicone mold

# Fruit Cup

## Instructions

1. Cut up fruit into small pieces.
2. Drop a spoonful of yogurt into ice cream cone.
3. Add a couple of pieces of fruit.
4. Dollop a small amount of yogurt on top of fruit.
5. Freeze.



Drop a spoonful of yogurt into ice cream cone.



Add a couple of pieces of fruit to cone.



Add a dollop of yogurt to fruit.

## Supplies

- Assorted fruits
- Mini ice cream cones
- Vanilla yogurt



Blueberries



Watermelon



Yogurt



Mini ice cream cups

# Grab Bag

## Instructions

1. Pick a variety of objects to put left over enrichment in. Use any combination of boxes, tubes, paper and bags to stuff box.
2. Use 1-2 extra enrichment items
3. Close tube ends.
4. Ball up paper.
5. Place in bag and close bag.
6. Freeze.



Find left over zen items.



Combined leftovers.



Place zen items in bag, box or tube.

## Supplies

- Paper bags or tubes
- Boxes
- Left over enrichment



Treats



Boxes



Kibble



Tubes

# Happy Belly Molds

## Instructions

1. Place 1 tablespoon can food in mold and press down.
2. Add 1 teaspoon of pumpkin on top of can food.
3. Fill molds and place in freezer.
4. Remove from mold to serve.



Fill vessel halfway with canned food.



Top with puree pumpkin.

## Supplies

- Can EN or Biome food
- Canned pumpkin puree
- Silicone mold
- Spoon



Biome



Canned Pumpkin



Silicone Mold



Spoon

# Ice Cream Cones

## Instructions

1. Place a bag of frozen bananas in blender.
2. Add water as needed to loosen the mixture up.
3. Blend until smooth ice cream consistency.
4. Scoop out one melon baller scoop.
5. Place in cone.
6. Freeze.



Blend bananas and water.



Scoop bananas into cone.

## Supplies

- Frozen bananas
- Mini ice cream cones
- Melon baller
- Blender



Frozen Bananas



Mini ice cream cones



Melon baller



Blender

## Instructions

1. Lay out desired number of plastic cups.
2. Pour kibble so bottom is covered but not deeper than one inch.
3. Choose treats and sprinkle over kibble.
4. Pour broth over kibble and treats.
5. Fill the rest of the container with water.
6. Freeze.
7. Remove from cup to serve.  
May need to let sit out for 15 minutes or run warm water over bottom to release.



Add kibble.



Add treats.



Add broth.



Add water.

## Supplies

- Kibble
- Broth
- Water
- Plastic cups
- Any variety of treats



Kibble



Treats



Plastic cup



Broth

# Kibble and Cheese

## Instructions

1. Measure out 3.5 cups of kibble in a bowl.
2. Measure 2 tablespoons of cheddar powder and sprinkle on kibble.
3. Toss.
4. Place 1/4 kibble and cheese mixture into paper bag.
5. Close paper bag.
6. This does not need to be frozen. It can be stored on the volunteer table for immediate use.



Sprinkle cheese on kibble and mix.



Place 1/4 kibble in bag.



Fold bag.

## Supplies

- Cheese powder
- Kibble
- Paper bags



Cheese powder



Kibble



Paper bags

# Meatball on a Cracker

## Instructions

1. Scoop a melon baller scoop of canned food.
2. Place ball on saltine.
3. Drizzle canned cheese on top.
4. Freeze.



Finished product

## Supplies

- Pate canned food
- Saltines
- Melon baller
- Canned cheese



Canned food



Saltines



Canned cheese



Melon baller

# Milk and Cereal

## Instructions

1. Mix yogurt with cereal until very wet.
2. Place into vessel.
3. Freeze.



Mix yogurt and cereal.



Spoon into vessel of choice.

## Supplies

- Cereal like Cheerios or Rice Krispies
- Yogurt
- Bowl
- Vessel of choice
- Spoon



Cereal



Yogurt



Bowl



Spoon



Vessel

# Mixing Calming Scents

## Instructions

1. Pour any remaining calming scent mixture out of spray bottle.
2. Measure several drops of oil.
  - Dispense into empty bottle.
  - Fill the remainder of the spray bottle with water.
3. Replace nozzle on top of bottle.



Draw out several drops.



Squirt into bottle.



Fill bottle with water.

## Supplies

- Undiluted calming scent
- Syringe, if needed
- Spray bottle labelled with the calming scent of the day



Calming scent, labelled bottle, syringe

# Mixing Prey Scents

## Instructions

1. Pour any remaining prey scent mixture out of spray bottle.
2. Measure 3 ml prey scent into syringe.
  - Dispense into empty bottle.
  - Fill the remainder of the spray bottle with water.
3. Screw nozzle back on top.



Fill 3 ml syringe.



Squirt into bottle.



Fill bottle with water.

## Supplies

- Undiluted prey scent
- Syringe
- Spray bottle labelled with the prey scent of the day



Prey scent, labelled bottle, syringe

# Movie Time

## Instructions

1. Pour 1/2 cup of kernels into silicone popper.
2. Place lid on popper.
3. Microwave on popcorn for approximately 3.5 minutes. Stay near and stop when popping slows.
4. Pour into a bowl.
5. Sprinkle cheddar powder on popcorn.
6. Place a small handful in a bag.
7. Fold closed.



Place kernels in popper and microwave.



Sprinkle cheese powder.



Portion a handful.



Place in bag and fold down top.

## Supplies

- Popcorn
- Silicone microwave popper
- Cheese powder
- Bags
- Bowl
- Spoon



Popcorn kernels



Silicone popper



Cheese powder



Bags



Bowl

# Nesting Boxes

## Instructions

1. Pick a variety of objects to put treats in. Use any combination of boxes, tubes, paper and bags to stuff box.
2. Place a few treats in each item.
3. Close tube ends.
4. Close boxes.
5. Ball up paper.
6. Stuff in largest box.
7. Close box.
8. This item doesn't need to be frozen.



Treats in box



Treats in paper



Close tubes



Finished product

## Supplies

- Empty boxes of various sizes
- Cardboard tubes
- Paper bags
- Treats
- Kibble



Treats



Boxes



Kibble



Tubes

# Nutty Monkey

## Instructions

1. Place a spoonful of peanut butter into the vessel.
2. Place frozen banana chunk into the vessel.
3. Place another spoonful of peanut butter into the vessel.
4. Top with a spoonful of yogurt.



Add peanut butter.



Add banana.



Add yogurt.

## Supplies

- Frozen bananas
- Peanut butter
- Plain yogurt



Bananas



Peanut butter



Yogurt

# PB & Banana Treats

## Instructions

1. Blend ingredients in blender.
2. Pour into silicone mold.
3. Freeze.



Blend ingredients.



Pour into mold.

## Supplies

- 5 cups yogurt
- 3 1/2 cups peanut butter
- Bag of frozen bananas
- Silicone mold
- Blender
- Spoon



Bananas



Yogurt



Peanut butter



Blender



Spoon



Silicone mold

# PB & Cream Cheese Sandwich

## Instructions

1. Spread a smear of peanut butter on a bone.
2. Spread a smear of cream cheese on the other bone.
3. Put together the two bones to make a sandwich.
4. Freeze.



Smear peanut  
butter on a  
bone.



Smear cream  
cheese on a  
bone.



Combine the  
two bones to  
make a  
sandwich.

## Supplies

- Medium bones
- Peanut butter
- Cream cheese



Bones



Peanut  
butter



Cream cheese

# PB&J

## Instructions

1. Pour applesauce into squeeze bottle.
2. Smear peanut butter on one medium bone.
3. Squirt applesauce on top of peanut butter.
4. Place another medium bone on top of peanut butter/applesauce mixture.
5. Freeze.



Pour applesauce in squeeze bottle



Smear peanut butter on bone.



Squirt applesauce on peanut butter.



Place a bone on top of mixture.

## Supplies

- Peanut butter
- Applesauce
- Medium bones
- Squeeze bottle



Peanut butter



Applesauce



Bones



Squeeze bottle

# Prey Scents

## Instructions

1. Place a few treats in a small square of paper.
2. Make enough for all the dogs in house.
3. Ball the paper up.
4. Place paper in labelled bucket under table.
5. Spray prey scent 2 times over the paper.
6. Shake up the bucket and spray 2 more times.
7. Let the paper dry.



Place kibble.



Balled up paper.



Spray scent in bucket.



Finished product

## Supplies

- Brown paper squares (~ 5" x 5")
- Prey scent of the day
- Plastic bag (labelled for the specific prey scent and day)
- Spray bucket
- Treats

### Sample Schedule

- Monday: Quail
- Tuesday: Pheasant
- Wednesday: Rabbit
- Thursday: Grouse
- Friday: Dove
- Saturday: Squirrel
- Sunday: Duck



Plastic bags



Prey scent bucket



Treats



Prey scent spray



Paper squares

# Pumpkin Apple Cookies

## Instructions

1. Mix pumpkin, applesauce, peanut butter and yogurt well.
2. Add oats and mix well. Press into molds.
3. Freeze.



Mix ingredients.



Add oats.



Press into molds and freeze.

## Supplies

- 1 cup pumpkin puree
- 1 cup applesauce
- 1/2 cup peanut butter
- 1/2 cup yogurt
- 5 cups oats
- Bowl
- Spoon



Bowl



Spoon



Pumpkin



Applesauce



Peanut butter



Yogurt



Oats

# Re-Stuffed Animal

## Instructions

1. Start with a toy with no stuffing and a hole large enough to stuff.
2. Wrap a few treats in a small square of paper.
3. Ball up.
4. Stuff in stuffed animal.
5. Repeat until animal is full.
6. This item doesn't need to be frozen.



De-stuffed toy



Treats on paper



Stuff toy



Fully stuffed toy

## Supplies

- Assorted treats and kibble
- De-stuffed animal
- Craft or newspaper



De-stuffed toy



Treats



Craft or newspaper

# Snack Wraps

## Instructions

1. Cut paper into 5"x5" pieces.
2. To make a large batch use a mixing bowl.
3. Wrap portions in paper and ball up so it is closed



Place treats on paper.



Ball paper up.

## Recipes

**Pup-peroni:** 10 small pieces of Pup-peroni

**Cheesy Delight:** 10 broken pieces of Milkbones tossed in cheese powder

**Moist and Meaty:** 2 tablespoons of burger Moist and Meaty

## Supplies

- 5" x 5" pieces of craft paper
- Pup-peroni
- Milkbones
- Moist and Meaty
- Cheese powder
- Plastic bags labelled with the Snack Wrap of the day



Craft Paper



Pup-Peroni



Dog Biscuits



Moist Meaty



Cheese powder



Plastic bag

# Trail Mix

## Instructions

1. Place kibble in a bowl.
2. Toss Cheerios and pup-peroni pieces in bowl.
3. Cover with enough cheese powder to cover.
4. Toss.
5. Place mixture into paper bag.
6. Close paper bag.
7. This does not need to be frozen. It can be stored at room temperature.



Sprinkle cheese or peanut butter on kibble mix.



Place 1/4 kibble mix in bag.



Fold bag.

## Supplies

- Cheese powder or peanut butter powder
- Kibble
- Pup-peroni
- Cheerios
- Paper bags



Cheese or PB powder



Cheerios



Pup-peroni



Bags



Kibble

# Yummy Tummies GI Molds

## Instructions

1. Mix canned food with 1/2 cup water until whipped consistently.
2. Fill molds with whipped food and freeze.
3. Remove from molds.



Mix canned food with water.



Fill mold with canned food mixture.

## Supplies

- 2 cans EN or Biome food
- Silicone molds
- Spoon
- Bowl



EN or Biome can food



Silicone mold



Spoon



Bowl