

FIRE YOUR FOOD BOWL

It might seem counter-intuitive but your dog would rather work for their meals!

“Many animals prefer to earn food rather than simply eating identical but freely accessible food.” *(Glen Jensen)*

It's the weirdest thing, especially when you haven't seen it before. Animals like our dog like to work to get food, even when they don't have to.

Affective Neuroscience describes a brain system, the 'Seeking System' that may be linked to this behavior. This “system makes animals intensely interested in exploring their world and leads them to become excited when they are about to get what they desire. It eventually allows animals to find and eagerly anticipate the things they need for survival, including, of course, food, water, warmth...” *(Jaak Panskepp)*

Seeking opportunities are hugely beneficial for our dogs. It becomes a disservice to just give them food in a bowl when we could instead offer them more excitement and interest by allowing them a chance to work for it. So get rid of that boring food bowl and let them play with their food! It doesn't have to be hard or complicated for you, just interesting for them!

It can be as simple as adding a ball or other toy to their food bowl. They work around the object to get to their food. There are many great products to choose from and DIY options. It's easy to get started today!



Slo-Bowl <https://shop.kyjen.com/>



Northmate Interactive Feeder www.Northmate.com



Buster DogMaze www.Kruuse.com



Portion Pacer - www.OmegaPaw.com



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