

Food puzzles for cats: feeding for physical and emotional wellbeing

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19 Abstract

20 This article aims to equip veterinary professionals to assist clients in the use of food puzzles for
21 their cats as tools to support feline enrichment, physical health, and emotional wellbeing. We
22 outline the types of food puzzles, how to introduce them to cats, and how to troubleshoot
23 challenges with their use. Due to the paucity of evidence-based studies of food puzzles, we
24 provide examples of the use and benefits of food puzzles from our own veterinary and behavioral
25 practices.

For Peer Review

Introduction

Although cats are currently the most commonly kept pet in the United States, the conditions they are kept in are perhaps the least natural to them, especially given that the domestic cat's behavior and behavioral needs are very similar to those of their closest wild ancestor, the African wildcat.¹ Current veterinary and cat care guidelines (e.g., American Veterinary Medical Association; Indoor Pet Initiative; American Association of Feline Practitioners) encourage keeping cats indoors for safety, health, and ecological reasons, but this recommendation, along with the concurrent misperception of cats as low-maintenance pets, means that many cats are housed in suboptimal environments. One significant influence on cats' living conditions is how they are routinely fed. Most cats are offered food ad libitum from a bowl, are often required to share feeding areas or dishes with other cats, and have to expend little to no effort to acquire calories.

Cats are natural predators who tend to eat multiple small meals each day in nature.^{2, 3} When able to hunt, cats make several hunting attempts each day, only approximately half of which would lead to a prey item.⁴ Indoor housing has been associated with increases in the occurrence of obesity,⁵⁻⁷ type 2 diabetes mellitus,⁸ joint problems,⁹ as well as chronic lower urinary tract signs.¹⁰ Furthermore, the risk of behavioral and mental health problems may increase with confinement.¹¹ Commonly reported behavioral concerns from cat owners include aggression, attention-seeking behaviors, and stress-related behaviors such as house soiling and overgrooming.^{12, 13} These behavior problems can lead to a weakening of the human-animal bond, and in many cases result in unwarranted euthanasia of the cat.^{14, 15} Environmental enrichment may have some mitigating effects on these stress-related behaviors.¹⁶

We propose that one approach to environmental enrichment is to take advantage of cats' natural instinct to work for their food. In this review, we will explain what food puzzles are and why they are a biologically relevant enrichment device for cats. We will provide an overview of the most common types of food puzzles, how they should be used, and how to overcome any client resistance to changing the method of food delivery to their cats. The effect of food puzzles on cats is a relatively new area of study, so in addition to reviewing the existing empirical evidence, we will provide case studies from our professional practices showing health and behavioral benefits from their use. Finally, we provide tools for assessing the most appropriate types of food puzzles for individual cats, and a user-friendly handout that practitioners can give to their clients to get them started.

What are food puzzles?

Food puzzles were originally created to provide enrichment for captive zoo and laboratory animals.¹⁷ They typically consist of any object that can hold food, and be manipulated to release food when the animal interacts with it. Food puzzles may be mobile (rolled or pushed) or stationary, and they can be used to provide either wet or dry food. They may be purchased or homemade (see Figure 1).

[insert Figure 1]

Mobile food puzzles are often shaped like a ball, egg, or tube. Their rounded surfaces make the puzzles easy for cats to roll by pushing with a paw or their nose. These puzzles typically have one or more holes in them, and in some cases these puzzles can be adjusted to make release of food easier or harder by changing the size or number of open spaces that can dispense food. The current iterations of these puzzles are typically designed for use with dry food or treats.

Stationary puzzles are typically larger, with sturdy bases, and holes, cups, or channels. Dry food can be placed in the holes and cups, which must be fished out with a paw. Wells may be filled with wet food; the cat must lick food out of these wells, mimicking how cats use their jaw muscles to remove flesh from bone.

Homemade puzzles for dry food can be made easily by cutting holes in containers such as yogurt containers, toilet paper rolls, egg cartons, margarine tubs, or water bottles. Ice cube trays or muffin pans can be used for wet food, and yogurt lids can be placed over the individual reservoirs or cups to increase difficulty.

The benefits of using food puzzles.

Zoos and sanctuaries encounter many obstacles to providing adequate housing for feline species, which may have difficulty adjusting to captivity for several reasons. Territory and hunting opportunities are restricted, and many solitary species are housed in pairs or in groups.¹⁸ The parallels with domestic cat housing are numerous. Implementing enrichment by providing foraging opportunities and food puzzles offers several benefits to captive large cats, including reducing stereotypies such as pacing,^{19,20} improving body condition,²¹ and increasing exploratory behavior.^{18,22}

Current guidelines for the care and welfare of domestic cats suggest that they be allowed to express the predatory sequence to the extent possible, including active acquisition of food.^{4,23,24} Although few empirical studies of the benefits of food puzzles for companion animals have been conducted, provision of food puzzles has been shown to increase activity and reduce problematic behavior in dogs.²⁵ In cats, various forms of enrichment (such as play, perches, play towers, and novel toys) have been shown to reduce stress-related symptoms,¹⁶ and to contribute to weight-loss.²⁶ Table 1 outlines cases from our veterinary and behavioral practices that resulted

in either behavioral or health-related benefits after the implementation of food puzzles along with other forms of behavior modification. Benefits we have observed include weight-loss, decreased aggression toward humans and other cats, reduced anxiety and fear, cessation of attention-seeking behaviors, and resolution of litterbox avoidance.

Furthermore, implementing food puzzles provides few risks of *decreasing* welfare of cats. In one study, 85% of cats (23/27) engaged with a food puzzle without increases in aggression between group-housed cats in a shelter,²⁷ suggesting few problems with implementing food puzzles in multi-cat environments. Although problem-solving to acquire food may initially frustrate some animals, presenting animals with some level of challenge that is appropriate to their natural ecology and matched to their skill level is likely to provide cognitive, physical and behavioral benefits in otherwise-enriched surroundings.²⁸

Implementing food puzzles

As with introduction of any new resource, successfully implementing food puzzles requires some planning. Clients should be prepared to try a few different types of food puzzles, because cats may have individual preferences for the type of puzzle or how they interact with puzzles (for example, some cats prefer mobile puzzles that can be pushed or rolled while others are more adept at stationary puzzles; some cats are more likely to use their paws to move a toy, while others may push the toy with their nose). We have provided a guide to helping clients choose a starter puzzle in Table 2. Furthermore, because implementing food puzzles offers enrichment beyond just as a means of providing food, the end goal is to have several different types of puzzles available for cats (as is recommended with other toys). The most important key to success is for clients to introduce puzzles to the cats correctly. This means setting the

difficulty level to meet the abilities of the cat, and by increasing the cat's motivation to interact with the puzzle as much as possible.

Initially, obtaining food from the puzzle needs to be *as easy* as obtaining food from the food bowl. This means that the cat should have to do very little work for food at first. The puzzle should be filled as much as possible, and should have several, large holes to allow food to fall out easily. The puzzle should roll with little manipulation. For stationary puzzles, cups or reservoirs should be overflowing (see Figure 2).

[insert Figure 2]

As cats initially may be resistant to working for food, particularly if they have a history of not having to do so,^{29, 30} the regular food dish may need to be removed when introducing food puzzles. Because some cats may view their food container as a "safety signal," or may be stressed by changes in their environment, some cats prefer having the puzzle initially introduced as a choice next to the usual feeding container at the time of feeding, and containing the cat's usual food. Some cats, particularly those who tend to be nervous, may prefer that the food puzzle be placed in a quiet area where they can explore it undisturbed.

The food puzzle should be introduced when the cat is likely to be hungry. Motivation may be increased at first by using a novel food type in the puzzle, such as treats or a dental diet. As the cats become more adept at using the puzzle, the food can be changed to their regular diet, or a mix of their regular dry food and treats.

For dry food puzzles, the client should place food on the floor next to and around the puzzle and allow the cat to eat around the puzzle. Their cat may inadvertently move the puzzle while eating, which will help them make the association between moving the puzzle and receiving food. The owner may even gently roll or nudge the puzzle at first to maintain the cat's

interest. Eventually, regular food dishes can be removed and the cat can receive all of his or her daily food from puzzles.

Troubleshooting potential challenges and solutions

Some clients (and cats) may be reluctant to accept introduction of food puzzles. Making food puzzles as user-friendly and convenient as possible increases the client's likelihood of using them, and consequently improves their cat's welfare. Our collective experience is that most, if not all cats can adjust to food puzzles, given time, patience, and proper staging of difficulty. Some common challenges to food puzzle use and how we address them in our veterinary and behavioral practices include:

The client doesn't think their cat will use food puzzles. We have not encountered cats that could not adapt to food puzzles. Senior cats, kittens, three-legged cats, blind cats, and cats with other disabilities such as partial paralysis all have been observed to use a food puzzle of some type. Reminding the client of the cat's natural lifestyle as a hunter who works for food may be helpful. Sharing and discussing the food puzzle handout (Supplementary material) with the client, as well as demonstrating how they work will help clients get started. Providing coaching and encouragement during the implementation process reduces the likelihood of the client concluding that their cat is unwilling or unable to work for their food.

The owner will not make or purchase food puzzles. The best way to address this is to have food puzzles available for sale in the veterinary office, or to provide referrals to local pet stores that sell food puzzles. There are also many good resources online for creating food puzzles out of recyclable materials (such as yogurt containers and plastic water bottles).

160 **The owner does not want to prepare food puzzles daily.** If the client is willing, they can
161 acquire several food puzzles to rotate. All dry food puzzles can be prepared once a week and
162 stored in airtight storage bins.³¹

163 **The owner is concerned about noise/nighttime activity.** Stationary puzzles can be used at
164 night, or mobile food puzzles can be confined to areas away from the bedroom.

165 **The owner is resistant to having food scattered around the home.** The cat will likely eat most
166 of the food dispensed by the puzzle. However, food puzzles can be used in select rooms (e.g.,
167 bathroom, office, kitchen), or in more restricted areas such as bathtubs, laundry baskets, under-
168 the-bed storage containers, or in the lids of large storage totes. The downside of restricting the
169 area the puzzle is used in is that it makes food easier to obtain, and reduces the cat's movement
170 and activity, and bathtubs and containers may provide other challenges for any cat with a
171 mobility issue (such as older, arthritic cats).

172 **The owner has tried a food puzzle and the cat would not use it.** The client should be
173 encouraged to try again, this time empowered with more detailed instructions and specific
174 guidance. Staff should be trained to guide clients through learning challenges. Initial difficulty of
175 use and increasing motivation are two of the most common barriers to cats' willingness to use
176 food puzzles. For slow starters, placing handfuls of dry food in locations frequented by the cat
177 (condos, window sills, beds) allows the cat the chance to discover food in novel places. These
178 cats generally can transition from this to static puzzles located in these areas.

179 All cats should be monitored closely at first when introducing a food puzzle, as missing
180 several meals could be dangerous to vulnerable cats, particularly those who are overweight or
181 obese. If the owner is concerned, they can offer the cat a portion of their daily food in a bowl,
182 and the rest can be foraged until the cat has adapted to the use of the puzzle. Alternatively, the

cat could be fed wet food from a dish, and dry food exclusively from puzzles. The ultimate goal should be all food from puzzles.

Multiple cats in the home. All cats in the home can be acclimated to food puzzles. Because cats may have individual preferences, several types of food puzzles can be distributed throughout the home, and each cat should be provided with their own puzzle. If one type of puzzle is more popular, then the owner should provide multiple puzzles of that type. This prevents cats from having to compete over food resources, and from being forced to eat in the same area, a behavior that is unnatural to solitary hunters. However, some cats are willing to use a food puzzle together (see Figure 3).²⁷

[insert Figure 3]

Presence of dogs in the home. For homes with dogs, puzzles can be used in restricted areas (see above), or baby gates can be used to keep dogs out of certain areas of the home where the cats' food puzzles are kept. The baby gates should be placed at a height where the cat can either jump over or crawl under, but the dog cannot. Dogs also can be taught a "leave it" verbal cue, and be provided with their own foraging toys in a separate area of the house, or if possible, outdoors.

The cat becomes bored with the food puzzles. Adjusting the difficulty to the ability of the cat is important. Unchallenging tasks may lead to boredom or apathy.²⁸ When the cat becomes competent with a particular food puzzle, clients can maintain their cat's interest by:

1. Trying new types of food puzzles (including different designs or materials) or changing the location the puzzle is used in.
2. Increasing the difficulty of the puzzle: owners can do this by changing the number and/or size of the holes, or by using objects that are opaque and give fewer visual cues. They also can adjust how mobile the puzzle is by using weighted puzzles, cubes, or objects that have

textured sides. Changing the substrate the puzzle is offered on (for example, carpet instead of hard flooring) can increase the challenge.

3. Placing a small puzzle inside a larger puzzle (see Figure 4).

[insert Figure 4]

4. Placing “dummy” objects inside the puzzle such as toy balls or mice that slow the release of food.

5. Using piñata-style puzzles that dangle or hang and require the cats to reach up to manipulate them (see Figure 5). Clients should be advised that hanging toys can present a choking hazard and should only be used with supervision.

[insert Figure 5]

Conclusions

Food puzzles enable cat owners to provide mental stimulation and exercise, and increase the activity of their pet cats, while taking advantage of the domestic cat’s natural inclination to work (hunt) for their food. Food puzzles are relatively easy to implement, and there are few risks associated with their use. In fact, there are likely many health and behavioral benefits from implementing food puzzles. We have provided some examples of the potential benefits of their use in concert with other behavior modifications in the retrospective case studies outlined in Table 1.

We acknowledge the limitations to the cases we provided; they are retrospective in nature, and in some cases, food puzzles were not the only intervention, so one cannot be sure of the relative effectiveness of each component of the treatment. We included these cases acknowledging that this limitation is also often found in primary care medicine, and in hopes of encouraging further research to determine the most appropriate roles of food puzzles in

promoting health and welfare for confined cats. Prospective trials are greatly needed to help determine the relative effectiveness of different approaches to environmental enrichment for confined cats. We also did not include all cases seen that involved recommendations for the use of food puzzles, although we attempted to provide a range of the types of cases that might be commonly encountered in primary care veterinary practice. Veterinary practices are often the main source of information for many pet owners, and we have provided suggestions, tools, and user-friendly information to help veterinary professionals make the recommendation of food puzzles a standard practice.

Conflict of interest statement

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Table 1. Case examples where food puzzles were implemented to aid with a health or behavioral concern.

Breed	Sex	Age (years)	Presenting concern	Food puzzle(s) implemented	Outcome
DMH ^a	NM ^b	11 & 6	Obesity	Rolling and static, purchased	Older cat lost 6.4% of body weight in 3.5 months, and increased mobility. Younger cat lost 11% of body weight in 12 months.
DMH	SF ^c	9	Obesity	Rolling, homemade and purchased	Weight loss; 11% in 12 months.
DSH ^d	NM	8	Obesity	Rolling, homemade and purchased	Weight loss; 20% in 12 months.
DSH	NM x 2	7 & 1	Younger cat trying to play rough with older cat	Rolling and static, purchased	Cats were able to play with food puzzles simultaneously; older cat preferred static puzzles and younger cat preferred rolling puzzles. The altercations between cats decreased significantly.
DMH	NM	3.5	Sibling cats meowing for food, waking owner up to be fed, interfering with owner's preparation and eating of meals, stealing food from plates, sinks, and counters	Rolling and static (homemade and purchased)	Food puzzles slowed down both cats' eating and a decrease in meowing for food was observed. Behavior around owner's preparation of food and while eating was improved as long as cats were distracted with a food puzzle. In addition to food puzzles, the owner was instructed to avoid leaving food and dirty dishes on counters and sinks to prevent cats from being inadvertently rewarded for undesirable behaviors.
British shorthair	NM	3	Impulsive and frustration based aggression towards owner (biting with no warning when anticipating meals, and when attention was not given)	Rolling - purchased and static - homemade	The use of puzzles immediately resolved the situations where the cat experienced frustration (anticipation of meals, attention-seeking) and the cat started to show appeasement behaviors as opposed to

					impulsively attacking. The aggressive behavior resolved within 6 months.
DSH	NM	10	Disorientation, nocturnal vocalization. alterations in the sleep-wake cycle, decreased social interactions, diagnosed with Cognitive Dysfunction Syndrome	Rolling and static (homemade and purchased)	Introduction of puzzles associated with marked decrease in disorientation, improved sleep-wake cycle alterations and cessation of nocturnal vocalizations, as well as increased social behavior between the patient and other cats in the household (3 NM and 1 SF in total) and the clients. Provision of enrichment avoided introduction of pharmacological treatment.
DSH	FS	8	Fear based aggression towards owner (cat signaled fear when approached, showed severe avoidance behavior and bit if touched or picked up)	Rolling and static, purchased	In addition to the puzzles provided, the client was instructed to desensitize and countercondition the cat to the owner's approach, and to positively reinforce alternative behaviors. The cat's fear-related aggressive behaviors gradually decreased over time in frequency and intensity. After one year of treatment, the client was able to pet and pick up the cat, and the cat came when called. No more episodes of aggression were reported.
DSH	NM	9	Noise phobia (cat had fear and panic reactions to several types of sudden and loud noises, sometimes redirecting aggression to a nearby cat - multi-cat household)	Rolling and static, purchased	Redirected aggression resolved, noise phobia symptoms significantly improved.
DSH	NM	2	Fear of people (familiar and unfamiliar)	Rolling and static, purchased	Behavior significantly improved, with cat showing attachment signs to both owners, coming when called, allowing (and being relaxed during) petting; avoidance behavior ceased.
DSH	SF/NM	8 & 2	Fear aggressive behavior (older toward younger cat); younger cat redirected aggression toward the older cat. Altercations frequently led to bites.	Rolling and static, purchased	Intensity and frequency of aggression decreased and no more bites occurred. Both cats started to use avoidance behavior rather than aggression. The younger cat stopped

					redirecting aggression toward the older cat.
DSH	FS/FS	10 & 8	Fear aggressive behavior towards cat housemate (younger cat would signal fear and attack the older cat whenever she approached)	Rolling and static, purchased	Puzzles were provided for both cats, which were temporarily separated. Desensitization and counterconditioning therapy was implemented with the use of the rolling puzzles and during feeding sessions of highly palatable food. Fear signaling (hissing, avoidance) was still seen sporadically, but no episodes of offensive aggression were reported after 6 months of treatment.
DSH	NM	7 months	Pouncing and stalking the clients' Guinea pigs	Rolling and static, homemade	Implementation of puzzles and desensitization and counterconditioning therapy sessions toward the Guinea pigs resulted in cessation of the cat's behaviors toward them.
DLH ^e	NM	1	Anxiety signs when left alone (increased vocalizations, agitation, pacing), hyper attachment (followed owner constantly, stress signs when owner was out of sight) and anxiety response (agitation and tension) to owner departure cue. Diagnosed with Separation Anxiety Syndrome	Rolling and static (homemade and purchased)	A comprehensive enrichment plan was formulated for this cat, with the addition of a more complex environment (vertical and hiding areas). The anxiety signs while the client was away completely stopped. Signs of hyper-attachment and anxiety responses to owner departure cues were still seen but gradually weaned within one year of treatment.
DLH	FS	9	Signs of depression when left alone by the main caregiver (anorexia, social withdrawal, lack of play behavior), hyper attachment (following primary caregiver constantly, stress signs when owner was out of sight) and anxiety response to owner departure cue (agitation and tension), diagnosed with Separation Anxiety Syndrome	Rolling and static (homemade and purchased)	A comprehensive enrichment plan for formulated for this cat, with the addition of a more complex environment (vertical and hiding areas). A safe place was also conditioned. The signs of depression while the primary caregiver was away and of hyper-attachment and anxiety responses to owner departure cues decreased in frequency with gradual improvement during 6 months. Within one year, the client ranked the cat's improvement as excellent (signs were mild or not seen).
Varied	SF x 2, NM x 3	Varied	Multi-cat household, meal-related fighting and urine marking. Urine	Rolling and static	Significant decrease in intercat aggression, urine marking ceased, cats were fully integrated and

			marking continued despite the cats living in separate spaces due to fighting. Regurgitation of undigested food was observed during during meals	(homemade and purchased)	no longer required separation. Regurgitation due to overeating much reduced in frequency.
DSH	SF	6 months	Urination outside of the litter box	Rolling, purchased	Cat was urinating in the bathtub. Owners began leaving food puzzles in the bathtub for the cat to play with. Owners made simultaneous adjustments to the litterbox that increased compliance. The cat stopped urinating outside of the litterbox.
Persian	FS	6	Urination outside of litterbox, diagnosed with feline idiopathic cystitis or Pandora syndrome	Rolling and static, purchased	After initial buprenorphine treatment for the acute presentation, a comprehensive plan of multimodal environmental modification was provided. The cat has been in remission for 2.5 years.
DSH	NM	11	Urine marking (cat lived in a multi-cat household and had episodes throughout his adult life)	Rolling and static, purchased	Marking behavior ceased. Vertical and hiding spaces were also added to the house.
DSH	SF	9	Urination outside of litter box due to chronic feline idiopathic cystitis, possible location and substrate preference for toileting behavior and litter box aversion	Rolling and static, purchased	In addition to the food puzzles, appropriate litter box management was recommended. Behavior completely resolved within 3 months of treatment.
DLH	NM	12	Urination outside of litter box due to chronic feline idiopathic cystitis	Rolling and static, purchased	Besides the food puzzles, appropriate litter box management was recommended. Behavior completely resolved within 6 months of treatment.
DSH	NM	2	Urination outside of litter box due to chronic feline idiopathic cystitis, possible location and substrate preference for toileting behavior and litter box aversion	Rolling and static, purchased	Besides the food puzzles, appropriate litter box management was recommended. Behavior completely resolved within 3 months of treatment.
Maine Coon	NM	8 mo.	Pronounced fear toward household dog (13 week old Golden Retriever); mild	Rolling and static, purchased	Additional recommendations: safe place conditioning and desensitization and counterconditioning to dog, plus additional

			inappropriate play behavior toward owners and stress-induced scratching		physical enrichment in the house. All problem behaviors resolved.
DMH	SF	16	Obesity, lack of interaction with owners, secluded herself in one room. Fearful and anti-social with new kittens in home despite positive slow introduction.	Started with static and advanced to all types.	Weight loss; 32% in 18 months. Many other accommodations had already been implemented for this cat: vertical space, hiding places, heating pads, canned and dry food, attempts to engage in interactive play, and supportive therapy for arthritis, with little to no change. Two new kittens were added to the home. After implementing static food puzzles the patient started to lose weight and play with the owners more. She eventually became interested in the other foraging toys outside of “her room” that the kittens were playing with. She began to creep out and engage with those too, eventually rejoining the household, using both static and stationary toys. She also will now share and forage side by side with the young cats.

Abbreviations
^aDMH – Domestic Medium-Haired
^bNM – Neutered Male
^cSF – Spayed Female
^dDSH - Domestic Short-Haired
^eDLH - Domestic Long-Haired

Table 2. Checklist for helping clients choose a starter puzzle.

Ultimately, the goal is for clients to try several types of puzzles with their cats. You can use this checklist to help them choose a starter puzzle that is most likely to work with their cat.

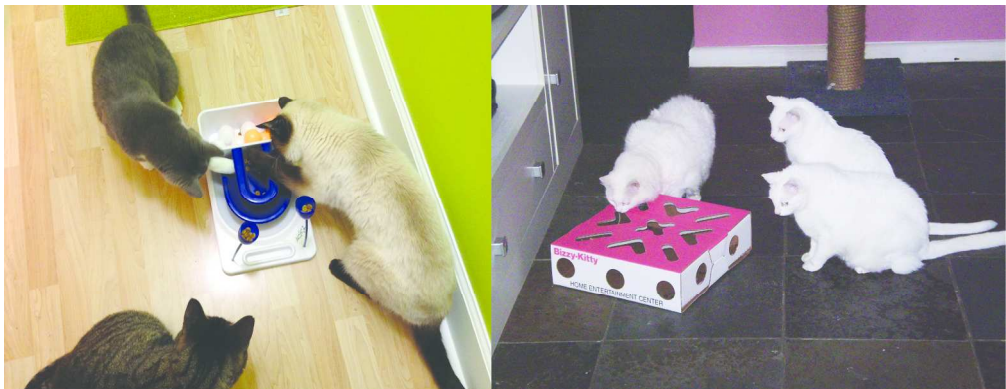
Does the cat eat wet and dry food?	Wet food is best used with stationary puzzles. Dry food can be easily used with stationary or mobile puzzles.
Is owner okay with food around the house?	Mobile puzzles may lead to more food scatter.
Is the owner concerned about nighttime noise/activity?	Stationary puzzles and puzzles made of softer plastics make less noise.
How does the cat typically interact with toys - with their paws, nose?	If the cat typically interacts with toys using their paws, they will likely do well with stationary or mobile puzzles. Cats who primarily use their nose will do best with mobile puzzles at first.
Does the owner have financial constraints?	If yes, recommend homemade puzzles.
Does the owner have time constraints?	If yes, recommend store-bought puzzles.



Clockwise from upper-left hand corner: homemade mobile, homemade stationary, purchased stationary, and purchased mobile food puzzles. Photos courtesy of Ingrid Johnson, Leticia Dantas, and Mikel Delgado.
169x122mm (300 x 300 DPI)



Puzzles should initially be filled as much as possible. Photos courtesy of Mikel Delgado.
169x108mm (300 x 300 DPI)



Some cats will use food puzzles together. Photos courtesy of Ingrid Johnson and Leticia Dantas.
219x84mm (300 x 300 DPI)



Placing a small puzzle inside a larger puzzle increases challenge for cats. Photo courtesy of Ingrid Johnson.
158x169mm (300 x 300 DPI)



A piñata-style puzzle that hangs. Photo courtesy of Ingrid Johnson.
127x169mm (300 x 300 DPI)

Using Food Puzzles with Your Cat

Leticia Dantas, Mikel Delgado, Ingrid Johnson, and Tony Buffington

Food puzzles are an excellent way to increase your cat's activity and mental health by giving them a new, more natural way to get their food by "hunting" for it. Food puzzles typically come in two styles, rolling and stationary. They can be purchased or homemade, and can be used with dry or wet food, or treats.



Some examples of rolling food puzzles.

Beginners should start with clear puzzles with many openings so that cats can see, smell, and hear that there is food inside and will be rewarded with food for even gently nudging it. Puzzles should be at least one-half to three-quarters of the way full so the food easily dispenses. An almost empty puzzle can be too challenging and create frustration.

If dry food is fed, sprinkle some around the puzzle so the cat can acquire a few pieces and nudge the puzzle for more. Your cat will make the connection between moving the puzzle and obtaining food.

For **slow starters**, place small handfuls of dry food in locations frequented by the cat (condos, window sills, beds.). This allows the cat to discover food in novel places.



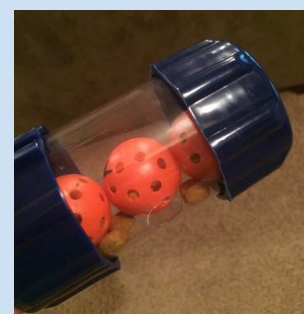
Stationary puzzles can be used with wet and dry food.

Gradually **increase the challenge**: use puzzles that are opaque, have fewer or smaller holes, or have unique shapes such as a cube, which makes them more challenging to manipulate.

For **stationary puzzles** begin with egg cartons, muffin pans, ice cube trays or commercially available puzzles (the Catch by Northgate, or the Tunnel Feeder by Trixie Pet). Muffin pans and ice cube trays are well-suited for use with wet food.

Advanced foragers may also benefit from:

- ⇒ Hiding the puzzles around the house.
- ⇒ Doubling up objects by filling a smaller puzzle and placing it inside a larger puzzle, so that the cat must work harder to acquire food.
- ⇒ Placing a small weight or objects (such as a ping pong ball) inside the puzzle increases the challenge, by making it harder for the cat to move the puzzle, and for food to fall out.



Doubling up puzzles increases the challenge.

Eventually, you can even feed your cat all of their meals from food puzzles. Food puzzles increase your cat's exercise, allow them to use their minds to obtain food, and can provide entertainment for both you and your cat. For more information, go to [foodpuzzlesforcats.com](http://mc.manuscriptcentral.com/jfms).

<http://mc.manuscriptcentral.com/jfms>