



## **Stuffing Frozen Toppls for Your New Puppy A Guide for the First Few Weeks at Home**

Frozen Toppls can be one of the most useful tools for helping a new puppy adjust to life in their new home. They provide enrichment, encourage calm behavior, help puppies learn to settle, and can create positive associations with crates, pens, and other confinement areas.

During the first few weeks, however, it is important to keep things simple.

Many puppies experience mild digestive upset as they adjust to:

- A new home
- New people
- New routines
- New foods
- The stress and excitement of transition

For this reason, the first few weeks are not the best time to introduce lots of new ingredients.

**When first using frozen treats, start with them only semi-frozen, and put a tiny amount of something really tasty on the top, like a hint of peanut butter. If the topl is too frozen, some puppies will give up.**

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### **General Guidelines**

#### **Start with Foods Your Puppy Already Eats**

The safest and easiest Toppls are made primarily from your puppy's regular food.

Good options include:

- Puppy kibble soaked in warm water
- Canned puppy food
- Fresh puppy food
- Raw food (if already part of your puppy's diet)

Whenever possible, use part of your puppy's regular meal rather than adding lots of extra treats.

#### **Introduce New Foods Slowly**

If you would like to use ingredients such as yogurt, pumpkin, cottage cheese, blueberries, or banana, introduce them one at a time and in small amounts.

Wait several days before adding another new ingredient.

<b>Week 1: Keep It Simple</b>	<b>Week 2: Add One Simple Ingredient</b>	<b>Week 3 and Beyond: More Variety</b>
<p>For the first week home, stick primarily to foods your puppy is already eating.</p> <p><b>Option 1: Soaked Kibble</b></p> <ol style="list-style-type: none"> <li>1. Measure out part of your puppy's meal.</li> <li>2. Soak kibble in warm water for 10–15 minutes.</li> <li>3. Mash lightly.</li> <li>4. Fill the Toppl.</li> <li>5. Freeze.</li> </ol> <p><b>Option 2: Canned Food</b></p> <ol style="list-style-type: none"> <li>1. Fill the Toppl with your puppy's canned food.</li> <li>2. Freeze overnight.</li> </ol> <p><b>Option 3: Mixed Meal Toppl</b></p> <ol style="list-style-type: none"> <li>1. Mix soaked kibble with a small amount of canned food.</li> <li>2. Fill the Toppl.</li> <li>3. Freeze.</li> </ol>	<p>If your puppy's digestion has been stable, you may begin experimenting with small additions. For example, mix in a small spoonful of canned pumpkin, plain yogurt, or banana. Use only one new ingredient at a time so you can easily identify any sensitivities.</p>	<p>Once your puppy has adjusted well to their new home and tolerated a few additional ingredients, you can begin adding more variety.</p> <p>Ideas include:</p> <ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Strawberries</li> <li>• Cottage cheese</li> <li>• Scrambled egg</li> <li>• Hard-boiled egg</li> <li>• Cooked sweet potato</li> <li>• Green beans</li> <li>• Carrots</li> <li>• Small amounts of kefir</li> </ul>

To increase the challenge:

- Freeze overnight whenever possible.
- Pack ingredients tightly.
- Layer ingredients instead of mixing everything together.
- Plug any small openings with a bit of food before filling.
- Use a larger Toppl as your puppy grows.