



JANUARY CHALLENGE

Hunting / Foraging

Hunting / foraging is an excellent way to exercise your cat, both physically and mentally! These types of activities are also great ways to keep your cat entertained during the cold (or hot) months when you aren't able to get outside as much.

Foraging = placing a foraging toy in front of your cat so they have to work to get the treats/food out

Hunting = hiding foraging toys so your cat has to find them

Examples of foraging toys:

- food puzzles
- Easter eggs
- DIY toilet paper rolls and water bottles

Recommended Products (links):

- [Nina Ottosson Worker Food Puzzle](#) (difficult)
- [PetSafe SlimCat Feeder](#) (easy)
- [Assortment of Food Puzzles](#) (varying difficulty levels)
- [Easter Eggs](#)
- [Doc & Phoebe's Indoor Hunting Feeders](#)
- [Fundamentally Feline Foraging Toys](#)

You will also need a high value treat/food to put in your foraging toys/puzzle feeders - something different than your cat's usual food.

Monday, January 3 at 6pm EST - Group orientation, explanation of the January challenge, and demonstration of how to make your own DIY foraging toys. This will be a Zoom chat, so everyone has the option to be on video and chat if you'd like to!