

# Twist 'n Treat™

## Instruction Guide

### Getting Started

This timeline is a guide to getting your cat to enjoy working for their meals. It is time to say goodbye to “free feeding” and enrich your cat’s life by giving him or her the job of pawing or pushing the twist ‘n treat (TnT) to get to the food.

Because each cat is different, watch to see how comfortable your cat is with each step before moving on. In general, make only one change at a time and evaluate how your cat responds to that change. Kittens will, in general, accept change much more quickly. Some cats will enjoy playing with the TnT and eating during the late night and early morning hours, when cats naturally hunt.

Multiple TnTs will add to the fun! Once your kitty is enjoying “the thrill of the hunt”, you can “hide” the TnTs in various places around the house, allowing your cat the fun of finding them. Be generous in giving hints and helping her find them the first times you try this! Make it fun and easy to begin with, increasing the challenge over time.

Days 1-3 Fill each half of the Twist ‘n Treat with a mixture of kibble and maybe a little something extra yummy. If you have a finicky eater, you might mix in a few of your cat’s favorite treats, or add a few pieces of a different kibble to bring extra interest. Put the open halves in the same place that the feeding bowl used to sit.

**Move on when** your cat readily approaches the TnT pieces and eats the meals presented there. We want the cat to accept the TnT as the “new food bowl.”

Days 3-5 Fill the TnT with the same mixture of kibble and treats. Screw the pieces together, leaving the opening very wide so the goodies will fall out very easily.

**Move on when** your cat is good at pawing the TnT to get the kibble to fall out.

Days 5-7 Consider reducing the ratio of additional treats in the mixture.

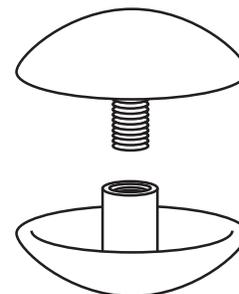
**Move on when** your cat is happily approaching and interacting with the TnT for meals.

Week 2 After filling the TNT, adjust the opening according to your cat’s progress. If your cat has been enthusiastic about interacting with the toy, you can create a little bit of a challenge this week. But, if your cat is making slower progress, leave the opening wide enough to keep getting the food quite easy.

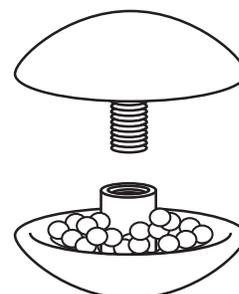
**Move on when** your cat is getting all the food out within 20 minutes.

Week 3 Decrease the opening a little bit again, according to your cat’s progress. Make only a small change, and watch for the results. To add variety, you might try showing your cat the TnT, but placing it in a different spot than usual.

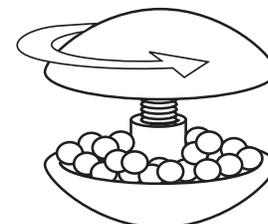
Week 4 Continue the process of reviewing your cat’s progress and adjusting accordingly. Try putting the TnT in different locations to let your cat “hunt” for it.



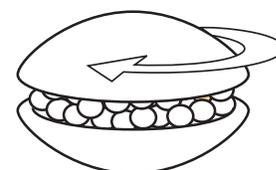
Open



Stuff



Close



Adjust



protect. teach. love.