



Feeding Your Cat

How you feed your cat matters just as much as what you feed them. Keep your cat healthy and happy with these tips!

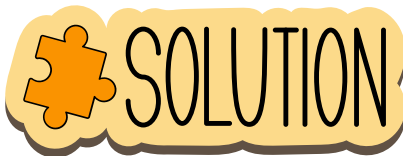


Don't Just Feed Them Twice A Day

Cats hunt small creatures so they're used to eating multiple times a day. Their stomach is also the size of a ping pong ball so they can't fit much in there!

Feeding your cat two larger meals per day is really stressful for them. It can contribute to lot of common behavior concerns including:

- Tension between cats
- Aggressive behaviors toward humans
- Scarf 'n barfing (eating their food too quickly then regurgitating it)
- Excessive vocalization



Feed your cats smaller amounts spread through the day. For most cats, **4 to 6 meals** may be enough to keep them happy. Do your best with this if it's hard with your schedule!

Treats Are Okay*

Treats are a treat: they should be special, but **it's okay to give your cat treats** in moderation. If your cat needs to lose weight, a few treats may still be okay in small amounts.



Automatic feeders are a good tool if you find this hard. You can still feed your cat yourself for some meals if you want to bond with them via food.

Feed Your Cats Separately



Unlike humans, cats are not social eaters. Another cat eating near them may mean the other cat steals their food. Even if your cats get along, it's very stressful for them to eat near other cats.

Do This Instead:

- Feed your cats in separate rooms
- Use a visual barrier between them
- Use technology to prevent them from getting to another cat's food
- Use puzzle feeders to slow down feedings

REMEMBER

Your cat may eat near another cat. Food is very motivating and necessary for survival! That doesn't mean they're okay with it.



Food Puzzles Are Great! (Mostly)

Food puzzles require cats to complete a task to get food or treats. They can provide extra stimulation for your cat and supplement **(but not replace)** interactive play.

Puzzle feeders shouldn't frustrate your cat. If your cat has aggressive behaviors surrounding food or isn't interested in a particular puzzle, don't force them to use one.

You might need to try a few puzzle feeders to find one your cat likes. Scan to QR code to the right to learn more about food puzzles!



MORE INFO 

Keep It Fresh

Even dry food will get stale if left out too long. Keep your cat's food fresh by tossing (or safely storing) uneaten food. Feeding them smaller meals at a time will reduce waste.



Clean your cat's food dish regularly. For dry food, once a day is fine. For wet food, use a clean dish each time.

