



**Activity:**

- Ask kids to name five foods that are toxic to dogs.
  - IE: Onions, grapes, raisins, turkey skin, dark chocolate
- Ask kids to name two plants that are toxic to dogs.
  - IE: Poinsettias, oleanders
- Ask kids to name five common household items that are toxic to dogs.
  - IE: Tylenol, gum, antifreeze, toothpaste, breath mints
- Praise, praise, praise when they get one right and give them a new one to remember.

**Resource 1:**

The Humane Society of the United States  
Foods That Can Be Poisonous to Pets

Some foods that are considered good for people can be very dangerous for pets. The list below highlights some of the most common foods that can harm your pet.

Alcoholic Beverages

Apple seeds

Apricot pits

Avocados

Cherry pits

Candy \*particularly Chocolate and any candy containing Xylitol

Coffee

Garlic

Grapes

Gum \*sugar free gum may contain the toxic sweetener Xylitol

Hops (used in home beer brewing)

Macadamia nuts

Moldy foods

Mushroom plants

Mustard seeds

Onions & onion powder

Peach pits

Potato leaves and stems (green parts)

Raisins

Rhubarb leaves

Salt

Tea (because it contains caffeine)

Tomato leaves & stems (green parts)

Walnuts

Xylitol (artificial sweetener)

Yeast dough

## Resource 2:

SAFE FOODS	UNSAFE FOODS
<p><b>Brown Rice.</b> Brown rice is better for dogs than white rice, which is too starchy. A great source of fiber, brown rice that has been boiled and left to cool is makes a great alternative to stock <a href="#">pet food</a> grain. A good canine diet contains around 50 percent grain, and brown rice is a great low-fat, high-fiber choice.</p>	<p><b>Chocolate, Coffee, Caffeine.</b> These products all contain substances called methylxanthines, which are found in cacao seeds, the fruit of the plant used to make coffee and in the nuts of an extract used in some sodas. When ingested by pets, methylxanthines can cause vomiting and diarrhea, panting, excessive thirst and urination, hyperactivity, abnormal heart rhythm, tremors, seizures and even death. Note that darker chocolate is more dangerous than milk chocolate. White chocolate has the lowest level of methylxanthines, while baking chocolate contains the highest.</p>
<p><b>Broccoli.</b> Raw or cooked, broccoli is rich in iron and dogs love the taste. The best way to serve broccoli to a <a href="#">dog</a> is to wash it first, gently steam it to soften it, and then mash it up with your dog's other food.</p>	<p><b>Alcohol.</b> Alcoholic beverages and food products containing alcohol can cause vomiting, diarrhea, decreased coordination, central nervous system depression, difficulty breathing, tremors, abnormal blood acidity, coma and even death.</p>
<p><b>Carrots.</b> Carrots are great for dogs. According to the veterinarian Dr. James Glover, a raw, crunchy carrot is a healthy alternative to a dog chew and provides great friction for teeth cleaning. Carrots are a good source of Vitamin A, fiber and <a href="#">antioxidants</a>. You can cook them and mash them up in your dog's food or you can even use sliced carrots as a reward when training.</p>	<p><b>Avocado.</b> The leaves, fruit, seeds and bark of avocados contain Persin, which can cause vomiting and diarrhea in dogs. Birds and rodents are especially sensitive to avocado poisoning, and can develop congestion, difficulty breathing and fluid accumulation around the heart. Some ingestions may even be fatal.</p>
<p><b>Olive Oil.</b> This is a must-have ingredient for any self respecting cook, but it's also a great dietary supplement for dogs. A teaspoon of olive oil mixed in with your dog's dinner is an excellent way to deliver healthy fats. Dogs with a dull coat can benefit from a little olive oil, as it adds luster to their fur.</p>	<p><b>Macadamia Nuts.</b> Are commonly used in many cookies and candies. However, they can cause problems for your canine companion. These nuts have caused weakness, depression, vomiting, tremors and hyperthermia in dogs. Signs usually appear within 12 hours of ingestion and last approximately 12 to 48 hours.</p>
<p><b>Oily Fish.</b> Be careful when feeding fish to your dog, as the small bones can get stuck in your dog's throat and pose a choking risk. But once you're sure that you've removed all of the bones, oily fish such as salmon is a great addition to dog's diet. It's best to feed fish to dogs in moderation. Even for humans, too much fish is unhealthy.</p>	<p><b>Grapes &amp; Raisins.</b> Although the toxic substance within grapes and raisins is unknown, these fruits can cause kidney failure. In pets who already have certain health problems, signs may be more dramatic.</p>
<p><b>Lean Meat.</b> Dogs love meat, and lean meat and poultry is a great source of protein. The great thing about lean meat is that dogs will quite happily feast on the trimmings, leftovers and table scraps that you and your family don't want to eat. Be very careful when feeding chicken to your dog, as the small bones can pose a choking hazard. Fatty meat and game such as lamb or venison are fine as a rare treat but should not be a regular part of your dog's diet.</p>	<p><b>Yeast Dough.</b> Yeast dough can rise and cause gas to accumulate in your pet's digestive system. This can be painful and can cause the stomach or intestines to rupture. Because the risk diminishes after the dough is cooked and the yeast has fully risen, pets can have small bits of bread as treats. However, these treats should not constitute more than 5 percent to 10 percent of your pet's daily caloric intake.</p>

**Raw/Undercooked Meat, Eggs and Bones** Raw meat and raw eggs can contain bacteria such as *Salmonella* and *E. coli* that can be harmful to pets. In addition, raw eggs contain an enzyme called avidin that decreases the absorption of biotin (a B vitamin), which can lead to skin and coat problems. Feeding your pet raw bones may seem like a natural and healthy option that might occur if your pet lived in the wild. However, this can be very dangerous for a domestic pet, who might choke on bones, or sustain a grave injury should the bone splinter and become lodged in or puncture your pet's digestive tract.

**Xylitol.** Used as a sweetener in many products, including gum, candy, baked goods and toothpaste. It can cause insulin release in most species, which can lead to liver failure. The increase in insulin leads to hypoglycemia (lowered sugar levels). Initial signs of toxicosis include vomiting, lethargy and loss of coordination. Signs can progress to recumbancy and seizures. Elevated liver enzymes and liver failure can be seen within a few days.

**Onions, Garlic, Chives.** These vegetables and herbs can cause gastrointestinal irritation and could lead to red blood cell damage. Although cats are more susceptible, dogs are also at risk if a large enough amount is consumed. Toxicity is normally diagnosed through history, clinical signs and microscopic confirmation of Heinz bodies. An occasional low dose, such as what might be found in pet foods or treats, likely will not cause a problem, but we recommend that you do NOT give your pets large quantities of these foods.

**Milk.** Because pets do not possess significant amounts of lactase (the enzyme that breaks down lactose in milk), milk and other milk-based products cause them diarrhea or other digestive upset.

**Salt.** Large amounts of salt can produce excessive thirst and urination, or even sodium ion poisoning in pets. Signs that your pet may have eaten too many salty foods include vomiting, diarrhea, depression, tremors, elevated body temperature, seizures and even death. In other words, keep those salty chips to yourself!

## **Treat Game**

- Be sure that your dog will take treats gently from children before playing this game. Only you know how ramped up your dog will become.

Have the kids get in a fairly large circle with you & your dog in the middle. Give each child a numbered ziplock bag with 2 treats in it. Maybe a small slice of carrot or his favorite small doggie treat. You will then call out a number, and the child with that number calls your dog, asks your dog to sit, then gives one treat to your dog using a flat hand please. Important that each child praises your dog when giving the treat.

The most challenging part is having the kids only give one treat at a time. They may need to hold the bag with the other treat behind their back.