



# Cat Enrichment Guide



Just like the big cats at the zoo, your cat is healthiest when it's given stimulating and challenging activities—what animal care experts call “enrichment.” That’s why Banfield Pet Hospital and Oregon Zoo have teamed up to provide a guide to enriching your cat’s life, just as zoo staff do for animals in their care.

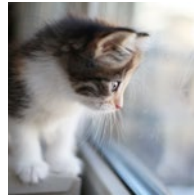
## SENSORY ENRICHMENT Stimulates cats’ senses by providing smells, sights, sounds and textures

### Big cats



- 🐾 Spices and herbs (including catnip!)
- 🐾 Aromatic oils like geranium, spearmint and tangerine\*
- 🐾 Mirrors and windsocks

### Your cat



- 🐾 Catnip and wheatgrass
- 🐾 Window perches with views of the outdoors
- 🐾 Toys that dangle or squeak

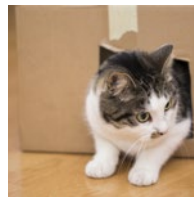
## PHYSICAL ENRICHMENT Stimulates natural hunting behaviors and keeps cats active

### Big cats



- 🐾 Bubbles, boxes, ice and live crickets
- 🐾 Elevated perches
- 🐾 Toys on safely covered springs

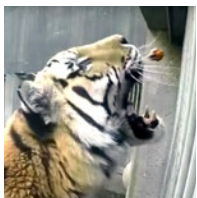
### Your cat



- 🐾 Cardboard boxes and cat trees (move or add new for variety)
- 🐾 Scratching posts and pads
- 🐾 Stage an indoor hunt with toys

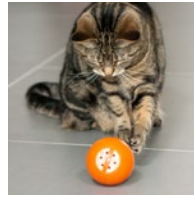
## FOOD AND TREATS Part of a regular diet to reward behavior and encourage activity

### Big cats



- 🐾 Treats used as rewards for participating in their own checkups

### Your cat



- 🐾 Encourage “hunting” by hiding meal portions
- 🐾 Hide food in puzzle toys to keep cats stimulated and active