



Cat Enrichment Guide

Just like the big cats at the zoo, your cat stays engaged and active when it's given stimulating and challenging activities—what animal care professionals 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.

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

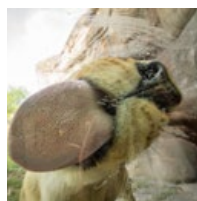
Your cat



- 🐾 Cardboard boxes and cat trees (move or add new for variety)
- 🐾 Scratching posts and pads
- 🐾 Use play to mimic predatory behavior and promote exercise

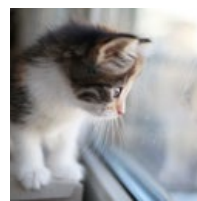
SENSORY ENRICHMENT Stimulates cats’ senses by providing smells, sights, sounds and textures

Big cats



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

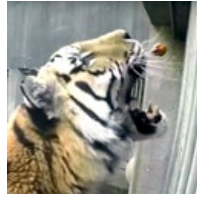
Your cat



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

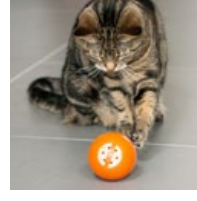
FOOD ENRICHMENT Part of a regular diet to reward behavior and encourage activity

Big cats



- 🐾 Used as a reward 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



*Some oils and spices are toxic to cats. Check with your veterinarian before using.