## **HOLIDAY FOOD AND PETS**

Thanksgiving is a time for feasting, but many popular dishes can be dangerous or even toxic to your pets! Keep your furry friends safe and healthy this holiday by avoiding these common hazards:

#### Foods to AVOID:

Cooked Bones, Skin, & Gravy: Cooked bones can splinter and cause internal damage or blockages, while fatty trimmings and gravy can lead to pancreatitis (a serious inflammation of the pancreas).

Onions & Garlic: Found in many stuffings, casseroles, and mashed potatoes, these are highly toxic to both dogs and cats and can cause life-threatening anemia.

*Grapes & Raisins:* These popular additions to salads and desserts can cause sudden and potentially fatal kidney failure in dogs.

Chocolate & Sweets: Chocolate is toxic, and many sugar-free baked goods contain xylitol, an artificial sweetener that is deadly to dogs and can cause liver failure.

Raw Yeast Dough: The dough can rise in a pet's stomach, causing painful bloating (which can be life-threatening), and the fermenting yeast produces alcohol, leading to alcohol poisoning.

Alcohol: Even small amounts of alcoholic beverages can be dangerous, causing vomiting, diarrhea, and central nervous system depression.

### Safe, Pet-Friendly Treats (in moderation):

If you want to include your pet in the feast, offer small amounts of plain, pet-safe options:

Plain, cooked turkey (boneless and skinless white meat)

Plain, cooked sweet potatoes (no butter or spices)

Plain green beans (steamed, not from the casserole)

Pure canned pumpkin (not pie filling)

### **Emergency Contacts:**

If you suspect your pet has eaten something they shouldn't, contact your veterinarian immediately. You can also call the *ASPCA Animal Poison Control Center* at (888) 426-4435 or the *Pet Poison Helpline* at (855) 764-7661 (note: a fee may apply).

Keep a close eye on your pets, secure the trash, and have a safe and happy Thanksgiving!



# **FUN OUTDOOR ACTIVITIES**

In November and December, pet activities can shift to incorporate holiday fun and adapt to colder weather, including both outdoor and indoor options.

#### **Outdoor Activities**

- Visit a dog-friendly holiday light display Stroll through local parks or neighborhoods that put up elaborate light displays, with some even hosting special "dog nights".
- Go on a winter hike or walk Explore new or favorite trails. The change of scenery can provide great mental stimulation for your pet. Ensure you are both dressed appropriately for the weather and use paw protection like booties or paw wax if needed.
- Play in the snow If you live in a snowy area, let your dog run and play. You can try classic fetch with a
  brightly colored ball, make a snow maze in your yard, or build snowballs for them to chase.
- Attend a pet-friendly seasonal event Look for local events like "Barksgiving" or "Holiday for the Hounds" parties at local dog-friendly venues, breweries, or restaurants.
- Participate in a charity run/walk Sign up for a pet-friendly 5K or a themed walk that often benefits a good cause.
- Attend a pet parade Look for local holiday parades that invite pets to dress up and participate in the festivities.





## **FUN INDOOR ACTIVITIES**

Indoor Activities

- Have a holiday movie marathon Cuddle up on the couch with your pet and enjoy a classic holiday movie.
- Bake homemade holiday pet treats Get festive in the kitchen by making dog-safe gingerbread cookies or other seasonal treats. This is a fun activity and the treats can also be great gifts for other pet owners.
- Create an indoor obstacle course Use household items like chairs, blankets, and pillows to create a mini agility course in your living room, which provides both physical and mental exercise.
- Play scent games (treasure hunt) Hide treats or their favorite toys around the house and encourage them to use their nose to find them. This engages their natural hunting instincts.
- Teach new tricks The colder months are a great time to work on training. Use online videos or books to teach your pet new commands or fun tricks.
- Go pet gift shopping Many major pet stores and retailers are pet-friendly, so you can take your companion along to pick out their own holiday gifts.
- Take photos with Santa Many pet stores, garden centers, and other local businesses host "Santa Paws" events where you can get a festive photo of your pet with Santa Claus.
- Arrange a doggy playdate If it's too cold for outdoor play, arrange an indoor play session with a friend's pet at a home or a local indoor dog park/daycare facility.
- Attend a pet-friendly workshop or class Look for local classes like dog yoga or pet painting events where
  you can bond while getting creative.

Safety Note: Always be mindful of your pet's tolerance for cold weather and adjust outdoor activity times accordingly. Ensure they have appropriate winter gear like sweaters or paw protection, and bring towels to dry them off after playing in the snow.

UPCOMING EVENTS:



- 11/11- Veterans Day
- 11/27- Thanksgiving No ongoing dog walks.
- 11/28 Black Friday No ongoing dog walks.



### MID DAY DOG WALKING SPECIAL

Save big by securing 3 months of dog walks for January, February, and March!

Let us walk your pups on those cold winter days and help them beat the winter blues with a Monday-Friday mid-day walk between 10am and 3pm.

- Perfect for pups who:
- · Need a mid-day potty break
- · Have extra energy to burn
- · Tend to chew when bored
- Could stand to lose a few pounds
- Just need some company + exercise during the day



It's a win-win for everyone – a happier, healthier pup and peace of mind for you!

👉 Purchase here: <u>통 Save on Our Services - Buy Now, Use Later!</u>



### **ADVENTURE WALK SPECIAL**



Buy 3, Get 1 FREE – a \$280 value for \$210!

Who is an Adventure Walk for?

Adventure Walks are perfect for dogs

who:

- · Have extra energy to burn
- Need more mental + physical stimulation
- · Are bored with their usual routine
- Need to be out of the house for a bit (cleaners coming, home showing, etc.)
- ♣ What is an Adventure Walk?
  One of our sitters will pick up your pup and take them to a nearby park for an extended outing and enrichment

Each adventure is 1.5 hours round-trip, giving your dog plenty of time to explore, walk, sniff, and enjoy a fun change of scenery!

Purchase here: <a href="https://yourdogsmiles.square.site">https://yourdogsmiles.square.site</a>
 Give your dog the gift of adventure this holiday season! ♥

### **GIFT CARD SPECIALS**

Save on Our Services - Buy Now, Use Later!

From dog walking and pet sitting to cat care, small animal care, house sitting, garden watering, adventure walks, and even pet taxi services - we've got you covered!

Lock in your savings today and schedule whenever you need. 🐾

Purchase here: <a href="https://square.link/u/npATfbWw">https://square.link/u/npATfbWw</a>

