

4-H at Home

ON THE GO LESSON

PET TREATS CHALLENGE



INCLUDES

OATS | APPLESAUCE

4-H PROJECT AREAS

DOG | ANIMAL SCIENCE | CIVIC ENGAGEMENT

INCLUDED SUPPLIES

- 1 cup of dry quick oatmeal
- ½ cup of cinnamon applesauce (individual cup)

ADDITIONAL SUPPLIES

- Mixing bowl and spoon
- Measuring cups
- 1 egg
- Non-stick spray or other oil

INSTRUCTIONS

Using your hands to larger service to help others is one sign of a great community member! Let's help our local animal shelters by using our time and talents to bake homemade dog and cat treats to donate. Treats should be given sparingly in addition to a balanced, vet-approved diet, and not in replacement of regular meals.

Like people, animals can have food allergies and should not have too many foods that are not healthy for them. Check all the ingredients you use for safety and use recipes from trusted sources. Some of the foods that are toxic to pets and should not be fed are:

- Avocado
- Chocolate, coffee and caffeine
- Citrus
- Coconut and coconut oil
- Grapes and Raisins
- Macadamia nuts, almonds, pecans and walnuts
- Milk and dairy

The following dog treat recipe was provided by Dr. Mariana Rossoni Serao, an Assistant Professor in the Department of Animal Science at Iowa State University.

- *1 cup of dry quick oatmeal*
- *½ cup of cinnamon apple sauce*
- *1 large egg*

With an adult's permission, preheat your oven to 350 F. Mix oatmeal with apple sauce, then add egg. Grease baking sheet with oil (WARNING: do not use grapeseed oil or any oil that your dog is allergic to). Add dough in big drops using a tablespoon and flatten them. Bake cookies for 22 minutes.

Before you give your treats away to the animal shelter or your neighbor, create an ingredient label so everyone will know what is in your treats. This will help our furry friends who might have a food allergy. Are there other organizations you can help? Research other animals and the treats they like, learn about their allergies and bake treats for them to donate or gift to others.

LEARN MORE

Project areas are topics that 4-H members can learn about on their own, with a friend, at a club meeting, or at 4-H events. To learn more about the project areas you can explore in 4-H, please use our free resources online at

<https://store.extension.iastate.edu/product/15266>.

To get involved with 4-H in Cherokee County, please contact Debbie Erpelding, County 4-H Youth Coordinator, for more information.

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