SNUFFLE BOX

Materials Needed

- A low-sided cardboard box or tray (clean, with tape and staples removed)
- Plain paper such as packing paper or brown paper
- Small dry treats or kibble
- Optional: a pinch of catnip or silvervine

Why it works: Using the nose to search and dig for food is calming and rewarding, and slows down fast eaters too.



Step-by-Step Instructions

1. Prep the Box

- Remove all tape, labels, and staples.
- Choose or cut a box with low sides so cats can easily step in or reach in.

2. Fill with Paper

- Scrunch the paper into loose balls and fill the box about two-thirds full.

3. Hide the Treats

- Scatter treats on top, then drop more down between the paper balls.
- Sprinkle catnip or silvervine through it if you like.

4. Set It Out in the Room

- Place it on the floor and let the sniffing, digging, and pawing begin.
- Put out more than one box in a multi-cat room so nobody has to compete.

5. Adjust and Refresh

- Start easy with treats mostly on top. Pack the paper tighter and bury treats deeper as cats improve.
- Replace the paper when it's torn or soiled.

6. Make It Harder

- Twist treats inside small pieces of paper, like little sweet wrappers, so cats have to unwrap them.
- Tuck empty toilet roll tubes in among the paper, with treats inside and the ends loosely folded over.
- Put a smaller box inside the big one, or cut paw-sized holes in a lid so they have to fish treats out.
- Only make it harder once they're finding treats easily. A frustrated cat walks away.

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