

This guide has been created to support you as a vegetarian or vegan in feeding a species appropriate fresh food diet to your dog.

The content is intended to emotionally support you and provide tips from other pet parents that have embarked on this journey and have never looked back.

This guide is not intended to replace the foundational knowlege in the group's START HERE guide found in the files section.

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ADMIN TEAM



"for me it was a no brainer, while I don't need meat to survive and thrive, my dogs and my cat do" Making the switch to fresh foods can be confronting and challenging from both a mental and ethical standpoint.

However, it is **important** to recognise that whilst we as humans have the ability to make dietary descisions based on our belief systems, our dogs are mentally unable to make those same decisions.

systems were designed to consume meat and fresh whole foods. As educated pet parents, we can use our knowledge to ethically source what our dogs need to survive to ensure they recieve the best nutrition possible.

starting out

Starting out with a hybrid diet is a great way to start. You can simply remove 20% of your kibble and replace with fresh wholesome foods. For fresh food ideas, check out the START HERE file.

"I started just adding really small amounts of plant matter, then free ranged eggs and eventually worked up to meat."



One of the biggest challenges pet parents face is the thought of actually physically preparing a mostly meat diet. A good, well balanced DIY diet consists of a variety of meat, bone, various offal; ideally none of the animal is wasted.

Commercial pre made foods may be a good starting point. There are many options available and a quick search in the group will assist you with a commercial supplier in your area. If the thought of handling a raw commercial patty is still a concern, products like Ziwi Peak, K9 Naturals and Providore or Frontier Pet Foods can be of use here. These are available online and in pet stores.

SOURCING

When it comes to sourcing DIY ingredients, for a good varied fresh food diet, this is where a challenge point can be. Having a knowledge of the provenience of the food you are sourcing can assist with this process. It is beneficial to source meat that has come from ethical farmers and is human grade as well.

Having a good relationship with an independent butcher or directly with a farmer is important. There are certain parts of the animal that aren't typically sold to the public, such as chicken feet, butchers usually jump at the opportunity to off load what would have been waste.

"I personally only try to buy trim or off cut meat.

This helps with the 'if I have to, waste not attitude'"

MEALPRER

When it comes time to prep your dog's fresh food, you can opt to do it a number of ways, whether that be meal by meal, or a week to 2 weeks worth at a time, there is no right or wrong way to go about it.

Here are so awesome tips from some of our other vegan and vego members:

- Prep in an area that can be completely disinfected easily after prep.
- Use a set of utensils that are specifically allocated for this sole purpose. Tongs or like utensils and gloves help with handling the meat.
- Chuck on a good show, podcast or playlist to distract you.
- Burn a nice smelling natural candle or essential oil to mask the smell.

Having a good storage routine can help make the process of fresh food feeding easier. Having a seperate freezer, allocating the bottom shelf of the fridge and designating set utensils and containers are ways to help keep your human food uncontaminated.

STORAGE



Asking for support from your family and friends can really help your fresh food journey.

This may be as simple as storing an uncomfortable bone type at their house, or coming with you to the butcher or perhaps help out with meal prep.



There will be times when it feels like this is just too much. When your moral and ethical alarm bells are ringing loud and you ask yourself WHY do this?

When you feel like this, remember that you are not alone and you have a community of people that have been there and understand.

Our dogs RELY on us to provide the best possible nutrition we can. Feeding a predominatly meat based diet is what our dogs are naturally designed to eat and is the diet that they will absolutely thrive on.

what they are saying...

"After switching from kibble to raw we noticed a HUGE difference... - glossier coat, shiney eyes and weight loss!"

Tegan

"You are giving your dogs the best possible, quality, nutritious food. Because that's what they need. You don't need it. But they do." "Her excitement and joy at meal times is a beautiful thing. She's keen to try new foods, her breath is sweet and she rarely passes wind."

Amber

Shereace