

FRED'S FRIENDS

A GREEN SHIELD DECK BUILDERS MAGAZINE



Hire a Pro. Save a Pet.

Turning home services back into man's best friend.

WHAT'S INSIDE?

PET PUZZLES THEY'LL LOVE
KEEP TICKS AWAY NATURALLY
SHOP, PLAY, DINE WITH PUPS
HOMEMADE PET FOOD RECIPES

ISSUE 003
FREDSFRIENDS.ORG

*A pet-friendly magazine for the people and companies
who love rescues as much as we do.*

Hire in-home service pros

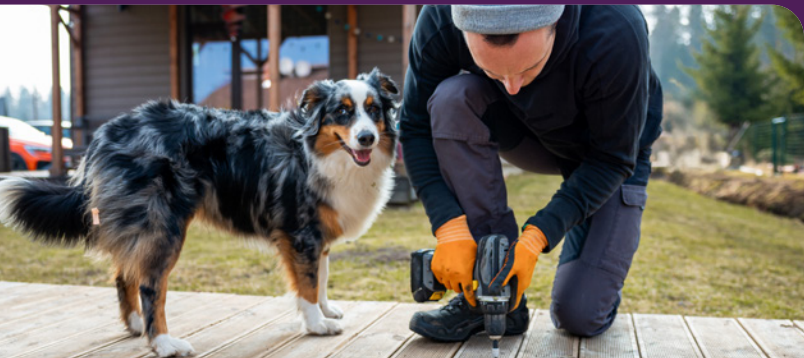
and save pets in the process.



This squad is emptying shelters.

Every homeowner has a project list a mile long. What if ONE call could connect you with Michigan's best 5-star service providers, and help local dogs and kitties find forever homes!? **Fred made it possible.**

You've probably seen Fred, our adorable white pup on billboards across the state. He knows firsthand how ruff it is to be out on the streets or locked up waiting for love, and now he's doing all he can to get his furriest buddies out of jail. Fred assembled an amazing network of service-based businesses (with excellent pedigrees!) and now he wants YOU to work with them to help spread the word.



Paws and Wonder... What's this magazine for?

Fred's Friends exists to raise awareness about pet rescue and adoption, and help you get top notch in-home service from pros who love pets as much as you do. We vetted each business, so you never have to worry about the quality of service you'll receive or receiving unwanted contact from a dozen different companies.

When you sign up, Fred will share your information with just one great service provider in the category you choose – and you'll have peace of mind knowing they're pulling for pets to be rescued just like you. That's a win-win worth barking from the rooftops!

Need work done on your house or property?
Make it mean something!

CALL 844.404.3733

use our link, or scan the QR code to connect with a local, 5-star vendor and get pup-approved service.



is your local friend.

FRED'S FRIENDS:

50 home services that love pets.

Whatever you need, we have the right partner for the job. Just send up the signal, and we'll connect you with an expert, local service pro to meet your needs. **Call 844.404.3733**, use our link, or scan the QR code and tell us which service categories you're interested in.

Access 50 services through Fred's Friends including:

Exterior Services

- Deck Builders
- Fence and Railing
- Gutters/Gutter Guard
- Generators
- Painting
- Roofing
- Siding
- Sunrooms

Interior Services

- Additions
- Basement Remodeling
- Basement Waterproofing
- Bathroom Remodeling
- Heating and Cooling
- Kitchen Remodeling
- Water Treatment
- Windows, Sliders & Doors

...and so much more!



Table of Contents

Fred's Story	4
15 Interesting Pet Facts	5
Fun With Fred: Word Search	7
All Doggos Welcome	8
Fun With Fred: Maze	10

Available Shelter Animals	11 & 14
Pup Puzzles for the Win	12
Natural Tick Remedies	15
15 Puppy Behaviors to Nip in the Bud Early	18
Creating a Balanced Diet for Your Pet	20
Fun With Fred: Crossword Puzzle	22

FredsFriends.org

Fred is the ultimate “good dog.”

How one rescue is helping rescues across the state.

FRED’S REAL-LIFE RESCUE

Meet Fred, the Chihuahua mix who moved from a shelter in Texas into a loving home (and onto 62 billboards!) in Michigan. Our good boy Fred comes from less-than-ideal circumstances. He was living as a stray in Texas just trying to get by, battling to find food and a safe place to sleep at night. One day, some people began shooting him with a paintball gun. While it was a terrible experience he’d love to forget, it proved to be a big turning point. The local shelter picked Fred up and posted him online. That’s when he met the wonderful woman who would become his Forever Mom.



Young Fred in the shelter shortly after he was found. He was malnourished and quite shy at first, but he’s become the life of the party in his loving home!

GREEN SHIELD’S LITTLE TAIL-BLAZER

Because of his anxiety and malnourishment, it took Fred a while to acclimate to his new life on the inside. By having a cozy spot under his mom’s desk at Green Shield Deck Builders, plenty of treats, and daily scratchies behind the ears, Fred finally got his strut back. Now he’s helping countless rescues to do the same.

Today, Fred’s Friends is working hard to help change the lives of some very deserving dogs and cats across Michigan. We’d love to have you join our pack.



Scan the QR code to learn all about Fred and his tail-wagging work.

12 Interesting Pet Facts

Parrots can live up to 80 years, making them lifelong companions.

Cats have 32 muscles in each ear, compared with a human's six.

Hamsters' teeth never stop growing, so they need to chew regularly to wear them down.

Betta fish can recognize their owners and respond to their presence.

Cats spend 75% of their lives sleeping (*but you probably could've guessed that!*)

Did you know nearly half of all U.S. dogs sleep in their owner's bed? *Guilty as charged.*

Just like humans have fingerprints, dogs have unique nose prints that can be used to identify them.

Owls can't move their eyes, so they turn their heads up to 270 degrees instead.

Gen X pet owners (ages 42-57) are far more likely to own pets that aren't cats and dogs, such as hamsters, birds, and fish.

ARE YOU FRIENDS WITH FRED?

Get \$100 cash back* and help save pets when you use or share Fred's Friends!



FredsFriends.org

*\$100 cash back valid only on jobs greater than \$2,000 that have been completed and paid in full.



Join the Referral Pack:

Share services, Get \$100 Cash back!

You already know that Fred's amazing, so now become one of his friends-and change the lives of our local rescue population earning cash back in the process!

That's RIGHT! This is not just a magazine, it's a movement.

When you register as one of Fred's Friends, you become a crucial part of the mission! We'll equip you to easily share our network of trusted, 5-star home service professionals with your friends, family, and neighbors. Imagine: they get fantastic help with their home projects, and with every service completed through your referral, vital support goes towards helping local pets find loving homes. **Oh, AND you both get \$100 cash back!*** It's a win-win-win-win that starts with you! Ready to unleash your influence and help even more furry friends?



Book or refer a service, get \$100 Cash Back*

To lend your paw, simply reach out to us and we will connect you or someone you refer with one top notch in-home service pro who loves pets as much as you. Fred's already done the legwork to vet these businesses, so you never have to worry about the quality of service or becoming a lead for a dozen different companies.

CALL 844.404.3733

use our link, or scan the QR code to get connected.

FredsFriends.org

*\$100 cash back valid only on jobs greater than \$2,000 that have been completed and paid in full.

FUN WITH FRED

No job's too big for **FRED'S** **FRIENDS**

Find 12 things we can fix in the puzzle below.

LEAKY
CRACKS
DUSTY
DRAFTY
ROTTEN
STAINED
SAGGING
OUTDATED
CREAKY
WARPED
MILDEW
PEELING

D	S	A	R	O	T	T	E	N	I	Y	L
O	L	D	H	P	Y	R	A	E	L	T	E
O	U	R	N	K	E	F	B	M	K	Y	A
A	O	T	A	E	D	E	W	N	T	R	K
G	S	E	D	E	B	E	L	S	T	D	Y
E	R	U	P	A	D	S	U	I	W	I	C
C	H	R	D	L	T	D	Y	S	N	C	R
T	A	H	I	A	U	E	O	I	G	G	A
W	N	M	W	K	S	O	D	D	U	E	C
S	A	G	G	I	N	G	A	H	T	R	K
S	T	A	I	N	E	D	D	M	Y	O	S
N	R	D	R	A	F	T	Y	I	E	C	T

From Home Improvements to Home Renovations,
Basements to Bathrooms —
Fred is sniffing out the right Pro for you.

We've got you.

— JUST CALL **844.404.3733** —

All Doggos Welcome

Dog-Friendly Spots around Grand Rapids

While cities like Los Angeles, Austin, and Denver are often recognized for their dog-friendliness, these cities are not necessarily considered “fast growing...” *But you know who is?!* According to Rover and Zillow, Grand Rapids is among the 20 fastest growing Dog-Friendly Cities in the entire U.S.

Shop, play, or dine with your pup here:

Shopping

FIDO AND STITCH

A pet boutique, featuring retail products, grooming, and a self-service dog washing station. They also host a Saturday morning running group where your pup can join you for a jog around the city.

fidoandstitch.com

CHOW HOUND PET SUPPLIES

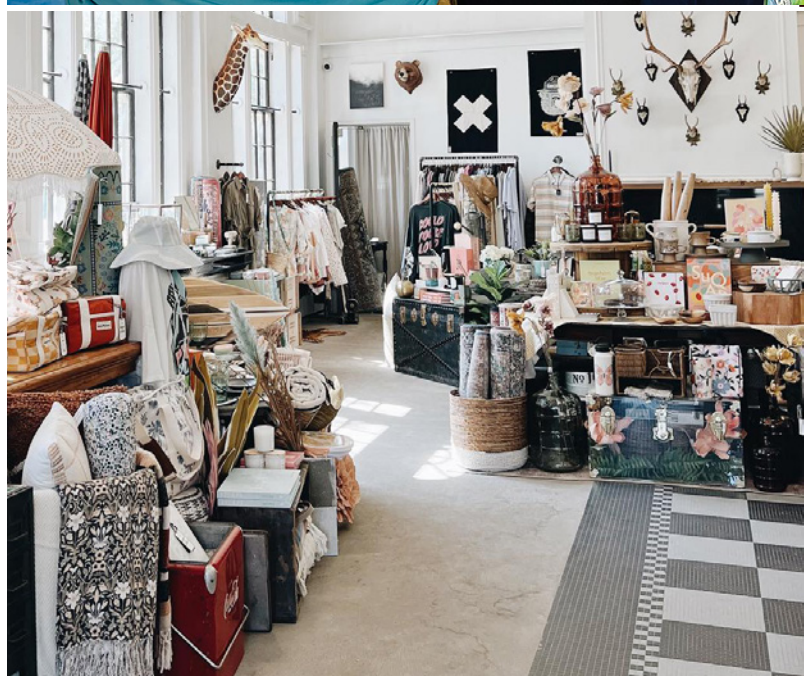
West Michigan's largest family-owned pet specialty store chain with everything you need, whether your pet is a pup, bird or iguana.

chowhoundpetsupplies.com

THE COUNTING HOUSE

A fabulous spot to shop for lifestyle, home, and pet themed goods.

facebook.com/shopcountinghouse



***Having a tough time de-Siding where to go?
We've got great recommendations!***

Dog Parks

DOWNTOWN DOG PARK

210 Market Ave
Grand Rapids, MI

facebook.com/DowntownDogParkGR



WEST SIDE DOG PARK

307 Summer Ave NW
Grand Rapids, MI

facebook.com/WestSideDogParkGR

CASCADE DOG PARK

3810 Thornapple River Dr SE
Grand Rapids, MI

facebook.com/CascadeDogPark



THE PACK INDOOR DOG PARK, RESTAURANT & BAR

5205 West River Dr NE
Comstock Park, MI

ThePackDogPark.com

Restaurants

According to **BringFido.com** there are currently 91 pet-friendly patios in GR. Here are just a few of our favorites:

GARAGE BAR AND GRILL

garagebargr.com

BIG BOB'S PIZZA GASLIGHT VILLAGE

bigbobspizza.com

THE MITTEN BREWING COMPANY

mittenbrewing.com

THAT EARLY BIRD

thatearlybird.square.site

LUCY'S

lucysgr.com

ELECTRIC CHEETAH

electriccheetah.com

FURNITURE CITY CREAMERY

furniturecitycreamery.com

THE STRAY MUSIC & ARTS CAFÉ

thestrayscafe.com

HARMONY BREWING COMPANY

harmonybeer.com

THE OLD GOAT

oldgoatgr.com

NANTUCKET BAKING CO.

nantucketbaking.com

REFER A PRO. SAVE A PET.

**GET \$100
CASH BACK.**



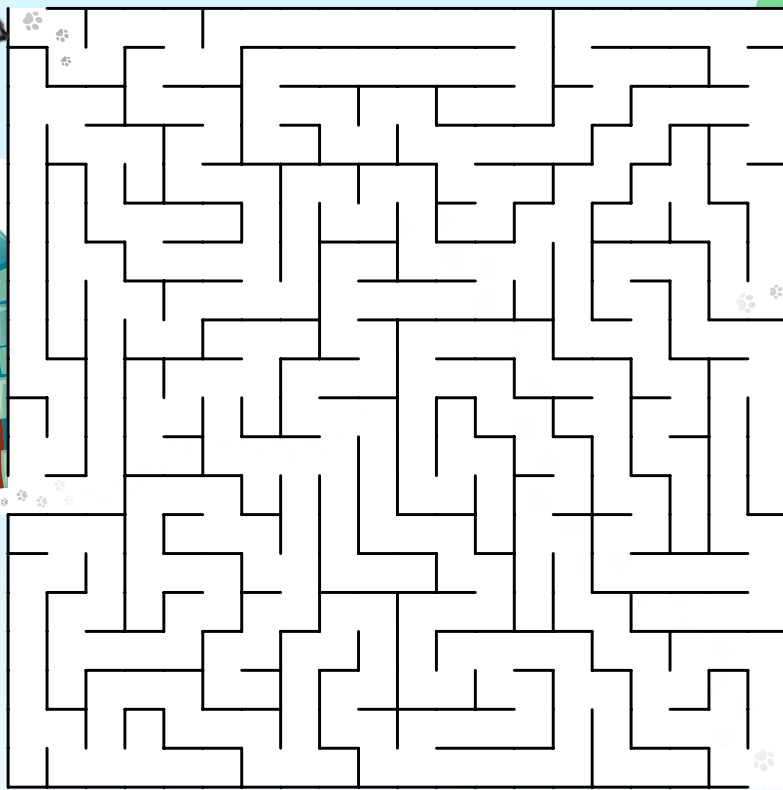
FREDSFRIENDS.ORG

FUN WITH FRED

Help Fred get his friends home!



Everyone knows the best place to be is cuddled up wherever you feel most loved. **Solve the maze to help this deserving pet find their forever home.**



When you're ready to renovate or build an addition,
look no further than the 5-star team at

FRED'S  **FRIENDS**

Badabing badaboom. **It's good to be home.**

JUST CALL **844.404.3733**

Available Shelter Animals

Saving Souls Pet Alliance is a 501c3 non-profit organization making a difference for rescue pets across Michigan. Every SSPA pet is fostered while they complete medical care and training, before being placed with forever homes. As of this printing, the following pets are available for adoption (*with more on page 14*).

Macchiato

Now that her babies have all grown up, Macchiato is looking for her forever home. She's always looking to give and receive affection, but prefers to come to you for it. She has a broad language of purrs, coos, meows, and trills and will talk to you any time you enter the room or approach her. Macchiato will tolerate being picked up, but honestly would prefer you didn't. She'd rather lay on the back of the couch to watch the birds outside, or flying across the TV screen.



Sunniva

This stunning female German shepherd/Husky mix is Sunniva, who we also call Sunny. She began as a stray, but was saved by a kind person who also happened to be a dog trainer. Sunny is a sensitive soul with a sharp mind and athletic nature, and loves playing frisbee. She would be an excellent hiking or running buddy, and would do best in a home with a consistent schedule and ample opportunity for exercise and play. We suggest a home that will respect Sunny's space, as it takes her a few minutes to warm up to new people/pets.



Tommy

Just one year old, Tommy is a sensitive soul who acts more like a pup than a cat (and prefers dogs over other cats as well!). Tommy will follow you around wherever you go, greeting you at the door with happy meows or running to you when you call his name. He loves to be the center of attention and will shower you with affection. He loves scratching posts, snacks, and keeping you entertained.



Cookie

Cookie is a fun-loving, toy-chasing, bundle of joy who had a rough beginning. Cookie was rescued by animal control due to an animal abuse case and was very skinny and hungry. Luckily, his foster family nursed him back to health and now he's friendly, playful, and a perfect companion for anyone with a sense of humor. He also loves playing with other dogs and cats too.



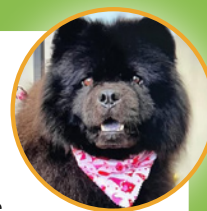
Suspect

Once a feral kitten, Suspect is about 7 months old. He claims to be a big, bad outside cat, but will never pass up a soft spot to nap on any discarded clothing. He's still a bit independent and wary of humans, but this boy is soft and sweet on the inside. He enjoys his indoor lifestyle of couch naps, endless toys and things to play with, and bed cuddles, and enjoys the company of others cats.



Myla

Myla is a fluffy, adorable Chow Chow looking for her forever home! She loves other animals and playing with toys. True to her breed, she's cautious at first but warms up once she trusts you. Myla is a big fan of taking car rides and adventures, and has amazing recall. She would thrive best in a home without small children or someone who isn't home often, but requires plenty of exercise.



Visit **sspalliance.com** to see all available pets, make a tax deductible donation, apply to foster, or learn more about their organization. You can also contact them directly at **contactsspalliance@gmail.com** or **616-805-9050** to adopt!



Pup Puzzles for the Win

Rainy days making it hard to exercise your dog?
Try out a “brain game” instead.

Brain games are puzzles, toys, or activities designed to help your pup experiment, problem solve, and be entertained. When you can't exactly stretch their legs, you can always stretch their brains! Plus, they'll love the tasty reward they discover.

Here are a couple brain games that are super quick and easy to make with items you already have on hand.

Hidden Treat Puzzle

Supplies you'll need:

- 🐾 A plastic container with the lid (A sour cream or yogurt container work great for smaller dogs, but you may need an empty milk jug for larger breeds)
- 🐾 A sharp knife or scissors
- 🐾 A handful of your dog's favorite kibble

Steps:

1. Wash, rinse, and dry the plastic container and lid.
2. Cut a few holes in the lid or the sides of the container (sides are best for the milk jug). The holes should be large enough for bits of kibble to pass through, but not so big that several are dispensed at one time.
3. Put a handful of kibble into the container and tighten the lid.
4. Tada! You've just created your dog's favorite new puzzle.

Your dog should be able to push and roll the container to dispense a few morsels at a time. If it seems more difficult than it should be, poke a few more holes in the container or increase their size.

Kibble Treasure Hunt

(with three difficulty levels)

Supplies you'll need:

- 🐾 Kibble or small dog treats
- 🐾 Cardboard boxes (only for “expert” mode)

EASY MODE

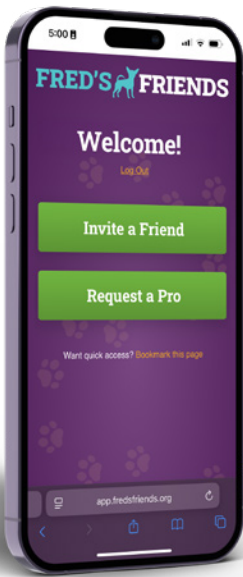
1. With your dog stashed outside of the room, hide bits of kibble in an easy-to-find place, like under a coffee table or low shelf.
2. Bring your dog into the room and let them sniff out their hidden treasure.

HARD MODE

1. Choose slightly more difficult hiding places for the kibble, such as placing it inside a container, under a box or behind a blanket in the corner.
2. Bring your dog in to sniff it out.

EXPERT MODE

1. Place 10-15 cardboard boxes of various sizes around the room.
2. Put a dog treat or kibble in a few boxes (*or just one if you want to be really stealthy*)
3. Bring your pup in to search.



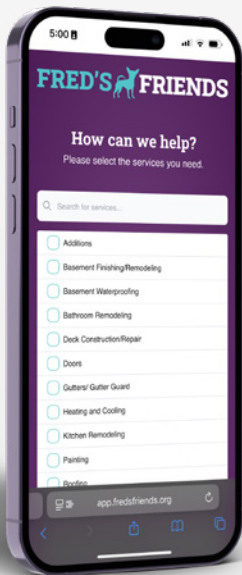
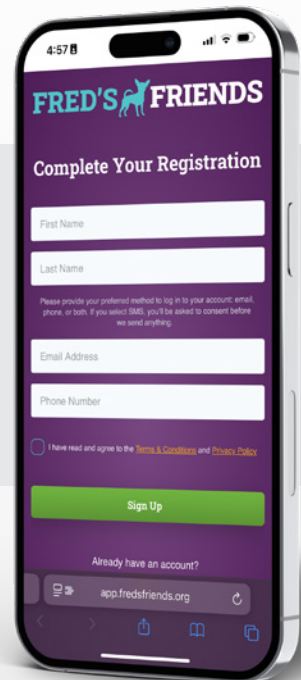
Earn Cash. Help Friends. Support Pets.

Access our free website to
use or share Fred's Friends!

Name. Phone Number. Done!

When a service is purchased by you or one of your friends you get \$100 cash back once the service is completed!*

*\$100 cash back valid only on jobs greater than \$2,000 that have been completed and paid in full.



50 Home Services
That Love Pets!



Become a Friend Today at
FredsFriends.org



Crossword Answer Key
1. HOUSEBREAKING
2. MICROCHIP
3. LEASH
4. KENNEL

5. TRAINING
6. DOGPARK
7. BEGGING
8. ADOPTION

9. FLEA
10. GROOMING
11. VETERINARIAN

Available Shelter Animals



Scan the QR code to learn all about Fred's special rescue partner, Saving Souls Pet Alliance, see all the animals they have available, apply to foster, or make a tax deductible donation. Here are a few fluffy buddies you may want to adopt!

Butterscotch

Butterscotch is a gentle soul who prefers a quiet home. She is very cuddly and will absolutely let you love her up, but she also likes to have her own space from the other pets. Butterscotch likes to stow away in places where she is not easily seen, playing hide and seek, and would do well as a companion kitty to someone who is home often and has no other pets.



Emily

Emily is one of the coolest animals we've ever seen because she's simply everyone's friend! Emily loves to find a cozy spot and relax, but she doesn't mind being interrupted for a hug, even by a busy toddler. She's not only great with children, other cats, and dogs, she's perfectly content in even the busiest of homes.



Tum-Tum

Tum-Tum (also known as Tummy) is what we'd call profoundly affectionate! A real champion purrer. You take a nap, he wants to nap with you. You walk into the room, he wants to give you 50 hugs before you get to what you're doing. Tum-Tum is a clever, curious, and friendly guy!



Roscoe

Roscoe is a 1.5 year old pittie mix who loves toys, playing outside, and snuggling on the couch. He is sweet, smart, housebroken and crate trained, as well as completely eager to please! Roscoe loves other dogs, and is a big fan of cats especially if they will play chase. Roscoe is a high energy dog and would do best in a home who enjoys walks, runs and activity, but without young children.



Zoe

If you're looking for a best friend, Zoe's your ideal dog. She's a bundle of joy and intelligence, and is an absolute fetch master. Her cuddly nature also makes her the perfect companion for those cozy nights in. Zoe's looking for a forever home where she can share her zest for life and her endless affection.



Luke Bryan

The ultimate snuggle bug, Luke Bryan enjoys walks, tug of war, chasing balls, and vigorous belly rubs, then cuddling up for a snooze. He will bark when someone knocks at the door but is otherwise very quiet. He will sit and shake, then definitely expects a well deserved treat for being such a good boy. LB is very patient and gentle with kids. Anyone would be lucky to have him as their sweet and loyal companion.



Don't get ticked!

3 Natural Remedies to Keep Your Dog Safe

Spring, Summer, and Fall offer the best weather for hiking and exploration across West Michigan, but walking along wooded paths and parks also means the risk of ticks – for you and your pet.

Ticks are tiny parasites that burrow into your dog's fur, hide, and attach themselves to their skin. And because ticks can feed for hours, they have lots of time to transmit any diseases they may be carrying to your beloved pup. That's why it's so important to make a habit of thoroughly checking your pet (and your own skin) after any shaded outing.

There are lots of over-the-counter tick repellents available at your local pet supply or grocery store, or you can try your hand at making these at home remedies with natural products you probably already have in the cupboard. Here are three of our favorites:

Apple Cider Vinegar

Most likely the easiest ingredient to procure and use, apple cider vinegar is a great, natural repellent. Simply add one teaspoon per quart of water to your dog's water bowl! You can also mix ACV with water to create a repellent spray. Just mix equal parts vinegar with water and spray your dog's coat once a day before heading outside.

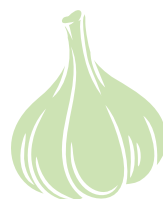
Essential oils.

Ticks rely on their sense of smell to find a host but are sensitive to several scents. They particularly dislike the scent of essential oils including rose geranium, lavender, citronella, eucalyptus, and lemongrass. Most of these oils should be available at your local health store. Please keep in mind that essential oils are highly concentrated and should be mixed with a carrier oil like coconut or olive, and many are also photosensitive, which means they attract the sun, and could leave your pet more susceptible to overheating or sunburn. To create a repellent spray, simply mix distilled water, a few drops of your essential oil, and either vodka or witch hazel to help disperse the oil throughout the water. There are several recipes available online, but we suggest discussing the proper dosage with your vet.



Fresh garlic.

Just as garlic gives humans pungent breath, garlic in your dog's body escapes through the skin making them less appealing to ticks and other pests. Be aware that because garlic contains sulfoxides and disulfides, large amounts can be unsafe to feed your pup, but in moderation, it's safe for any dog other than pregnant females, puppies under 6 months, or Akitas and Shiba-Inus. Simply peel and chop the garlic, then let it sit for 15 minutes before adding to your dog's food. Use a level measuring spoon and determine dosage based on your dog's weight:



5 lbs – ¼ tsp

10 lbs – ½ tsp

15 lbs – ¾ tsp

20 lbs – 1 tsp

30 lbs – 1 ½ tsp

When it comes to repelling ticks or anything related to your dog's health, our best advice is to always check with your veterinarian first. They'll always help you determine what's best for your bestest, furry friend.

Happy hiking!

TIRED OF DECK MAINTENANCE?



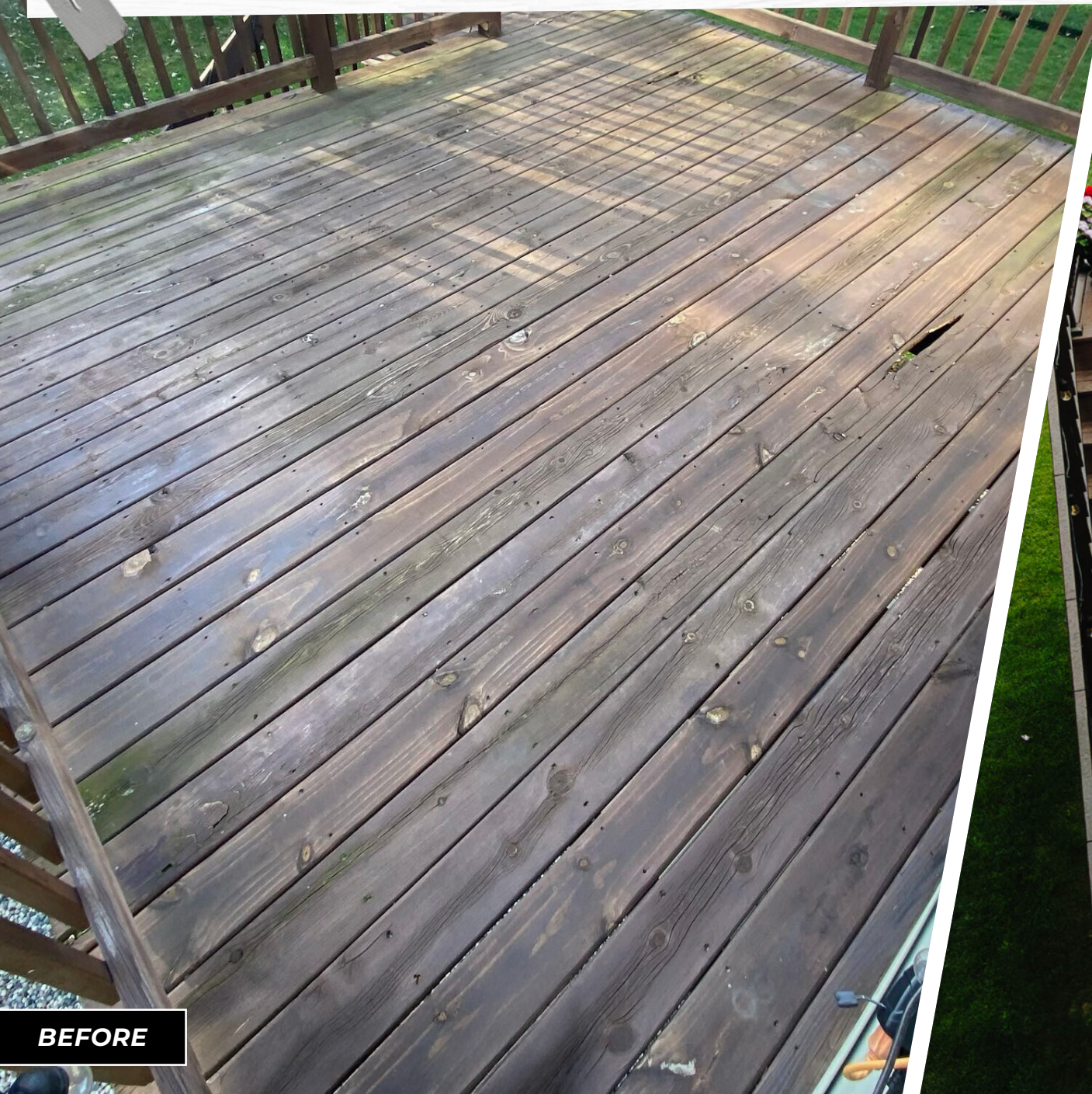
WARPED BOARDS



FADED STAIN



CHIPPED PAINT



BEFORE

CALL OR GO ONLINE TO SCHEDULE
YOUR FREE DECK DESIGN.



844.682.7428

[greenshielddeckbuilders.com](https://www.greenshielddeckbuilders.com)



GREEN SHIELD
DECK BUILDERS



Official Deck Builder of the Detroit Tigers

NEVER STAIN YOUR DECK AGAIN.



AFTER

20% OFF
YOUR NEW
COMPOSITE DECK

OR

NO PAYMENTS
OR INTEREST
UNTIL 2028!

Good on initial visit only, new orders and qualified applications. Other restrictions may apply.

5 Puppy Behaviors *to Nip in the Bud Early*

We can all probably agree there's nothing quite like the soft, squishy joy of having a puppy.

We love their paws, their energy, their snuggles, and even their breath. But anyone will agree, taking care of them is a lot of work.

That's why lots of new pet owners find themselves frustrated or overwhelmed once the puppy moon wears off... and some even choose to rehome their



new pet simply for doing normal things puppies do! So how can you distinguish between what's normal, "good" behavior and "bad" habits that should be nipped in the bud?

Determining whether a behavior is "good" or "bad" often starts with you. What one pet parent can tolerate (let's say, jumping up on the furniture) could be an absolute no-no for someone else. So first you have to determine what's appropriate for your home. That said, here are 5 behaviors that can be dangerous and should be stopped.

1 **Jumping up on people.**

Jumping pups are just looking for attention, so the best way to dissuade them of this behavior is to ignore them. Literally turn your face or whole body away and stay silent until they've returned all four feet to the floor or sat down. Once they do, wait a second or two and then reinforce the behavior with a treat, pets, and positive affirmation.

2 **Poor leash manners.**

When a dog is small, poor leash manners are annoying, but they aren't dangerous. However as your pup grows and becomes stronger, you stand a greater risk of being pulled along, or having to chase them as they get loose to chase another dog or squirrel.

3 **Barking.**

This is how dogs communicate, so it's essential to let your dog know you hear them. Teach them when it's appropriate to bark and when they need to be quiet.

4 **Guarding behavior.**

There's a big difference between guarding and aggression. Dogs "guard" when they feel they need to hide or protect what they have (like toys or food). With dogs who tend to "guard," avoid tug-o-war games, and work slowly with them rewarding when they drop a toy and allow you to pick it up. Keep repeating this activity until they're comfortable.

5 **Nipping.**

Learning bite inhibition (also called having a soft mouth) is crucial to keeping your dog, loved ones, and strangers safe. If your puppy starts nibbling at your fingers and toes while playing, offer a toy instead. If they continue to nip, stop the play session immediately. You can also redirect by asking them to sit and then reward with a toy or treat.

Turning home services back into man's best friend

Hire a Fred's Friends Pro and save pets too.

Make your honey-do list do more.

Why pay just anyone to install new siding or a roof, when you can work with a Fred's Friends-vetted service provider to make your project mean something more...? They're all 5-star businesses who only do 5-star work – and by hiring them or referring them, **you help pets and get *\$100 cash back.**



What's not to love!?

Fred is so glad he finally found a loving home; he's now doing all he can to raise awareness about pet rescue and adoption... and Fred's Pros are ready to help.

So don't wait.

Book a service at your home and make a real difference at the same time.

CALL 844.404.3733

use our link, or scan the QR code to get connected.

FredsFriends.org

*\$100 cash back valid only on jobs greater than \$2,000 that have been completed and paid in full.

How to Create a Balanced Diet for Your Pet



Just like humans, our pets are healthiest when they get plenty of exercise, rest, hydration, and nutritious food. But how do you know if you're feeding them the right balance of nutrients to keep their teeth, bones, joints, organs, and coats healthy?

Research shows that being even just 10 percent overweight can greatly increase your dog's risk of developing serious health conditions such as diabetes, arthritis, urinary stones, or heart disease. And depending on their age, breed, and other factors, the rate can increase. The same is true for cats (and more than 50 percent of America's cat population is currently considered obese).

The good news is there are a few simple things you can do right now to improve your pet's overall health including:

- 🐾 Taking care to ensure you don't overfeed them
- 🐾 Cutting out table scraps and feeding them "people food" (which could be toxic!)
- 🐾 Implementing more daily activity and exercise
- 🐾 Scheduling a vet appointment to check for any underlying health conditions that could be contributing to your pet's weight gain or loss

The next best thing to do is feed them a balanced, healthy diet. Dogs and cats need a healthy balance of water, proteins, fats, carbohydrates, minerals, and vitamins, and most all of these are often found in packaged foods such as:

- 🐾 Chicken, beef, lamb, duck, fish, etc. for protein
- 🐾 Fat from meat or oil
- 🐾 Carbohydrates like grains and vegetables
- 🐾 Essential fatty acids (*often from fish or plant-based oils*)
- 🐾 Oatmeal and/or eggs

In terms of feeding frequency, dogs should eat at least two meals a day, about 12 hours apart. As for cats, their feeding requirements change multiple times throughout their lives. Kittens usually do best when fed three meals a day until 6 months old. Between 6 months and one year, twice is best. Once they reach adulthood (about 1 year of age), they can be fed once or twice a day, although they tend to graze at their leisure.

A few additional things to consider:

- 🐾 It's best to select diets with real, whole-food ingredients you recognize. If the ingredient list includes several items that are unfamiliar to you, better to choose something else.
- 🐾 Unless your vet says otherwise, your cat can have wet or dry food, or a combination of the two, just pay attention to portion sizes. It's also worth mentioning that wet food can help increase your cat's water intake if they're not keen on drinking.
- 🐾 A cat's diet should consist of roughly 50-60% protein and 30-50% fat which can be adjusted based on their activity level. It's important to note that their protein should come from meat that contains the specific nutrients Taurine and Arginine.
- 🐾 If you're not sure how much to feed your average adult dog, you can use this formula: $30 \times \text{weight in kg (or pounds divided by 2.2)} + 70 = \text{daily caloric need}$.
- 🐾 Look for labels that say, "complete" versus "complementary." Complete meets dietary requirements for vitamins, minerals, and nutrients while complementary is code for treats.

As a pet owner, the most responsible and loving thing you can do for your pet is ensure they have exercise, socialization, grooming, veterinary care, and a good, healthy diet as outlined above. If you're ever unsure of what's right for your dog or cat, don't hesitate to ask your vet, as they're the best resource and know your animal well.



Homemade Dog Food Recipe

Ingredients

- 🐾 1 pound ground turkey
- 🐾 6 cups water
- 🐾 2 cups brown rice
- 🐾 1 tsp dried rosemary
- 🐾 ½ (16 oz) package frozen broccoli, carrots, and cauliflower combination

Directions

Place ground turkey, water, rice, and rosemary into a large Dutch oven. Stir until ground turkey is broken up and evenly distributed throughout the mixture; bring to a boil over high heat, then reduce heat to low and simmer for 20 minutes.

Add frozen vegetables and cook for an additional 5 minutes. Remove from heat and cool. Refrigerate until using.

For additional calcium, consider sprinkling eggshell powder over the mixture before serving. To prepare it, simply rinse out your eggshells then bake for 10 minutes in a 300-degree oven to get them nice and brittle. Transfer to a blender and crush until they turn to powder.

Feel free to vary the recipe as preferred, adding 6 beaten eggs into the boiling mix as it cooks, or alter the vegetables.



Homemade Cat Food Recipe

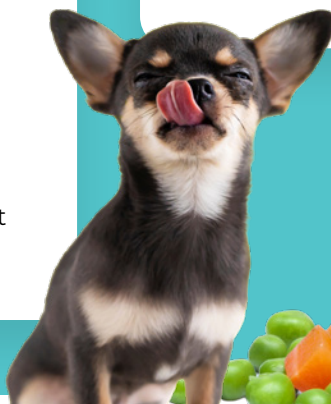
This is the “Classic Chicken and Rice Feast” recipe from getsetpet.com. Visit their website for additional recipes featuring fish, beef, or a veggie-quinoa mix.

Ingredients

- 🐾 1 boneless chicken breast
- 🐾 ¼ cup cooked rice (white or brown)
- 🐾 ¼ cup low sodium chicken broth
- 🐾 ¼ cup carrots
- 🐾 ¼ cup peas

Directions

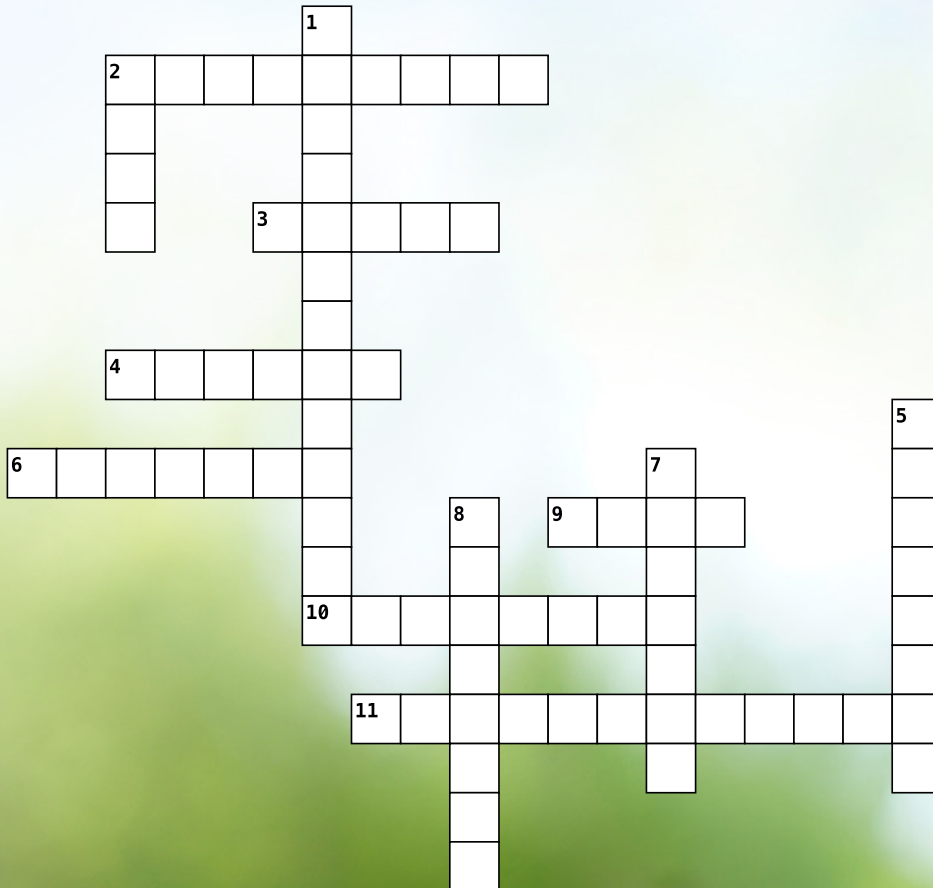
First cook and mash the veggies (boil the carrots, and heat the peas through), and make the rice according to the instructions on the box or bag. Next, cook the chicken breast thoroughly and shred it into small, bite-sized pieces. In a mixing bowl, combine the cooked rice, chicken broth, carrots, and peas. Add the shredded chicken to the rice mixture and mix well. Serve the meal only after it has cooled completely to room temperature.



Think Furry Friends!

This crossword features words associated with pets!

Hint: If you find one that's too tricky, just look up the answer on page 13.



Down:

1. "Go" outside
2. A canine of no particular pedigree
5. Sit stay rollover
7. Wide-eyed plea
8. Providing a forever home

Across:

2. A small implant for identification
3. Blood sucker, but the "c" is an "s"
4. Pet hotel
6. Canine social club
9. Itching for a ride on your pet
10. Cleaning and styling
11. A pet's doctor



FRED'S FRIENDS

Is your home for beautiful kitchen remodeling and every other home upgrade you envision.

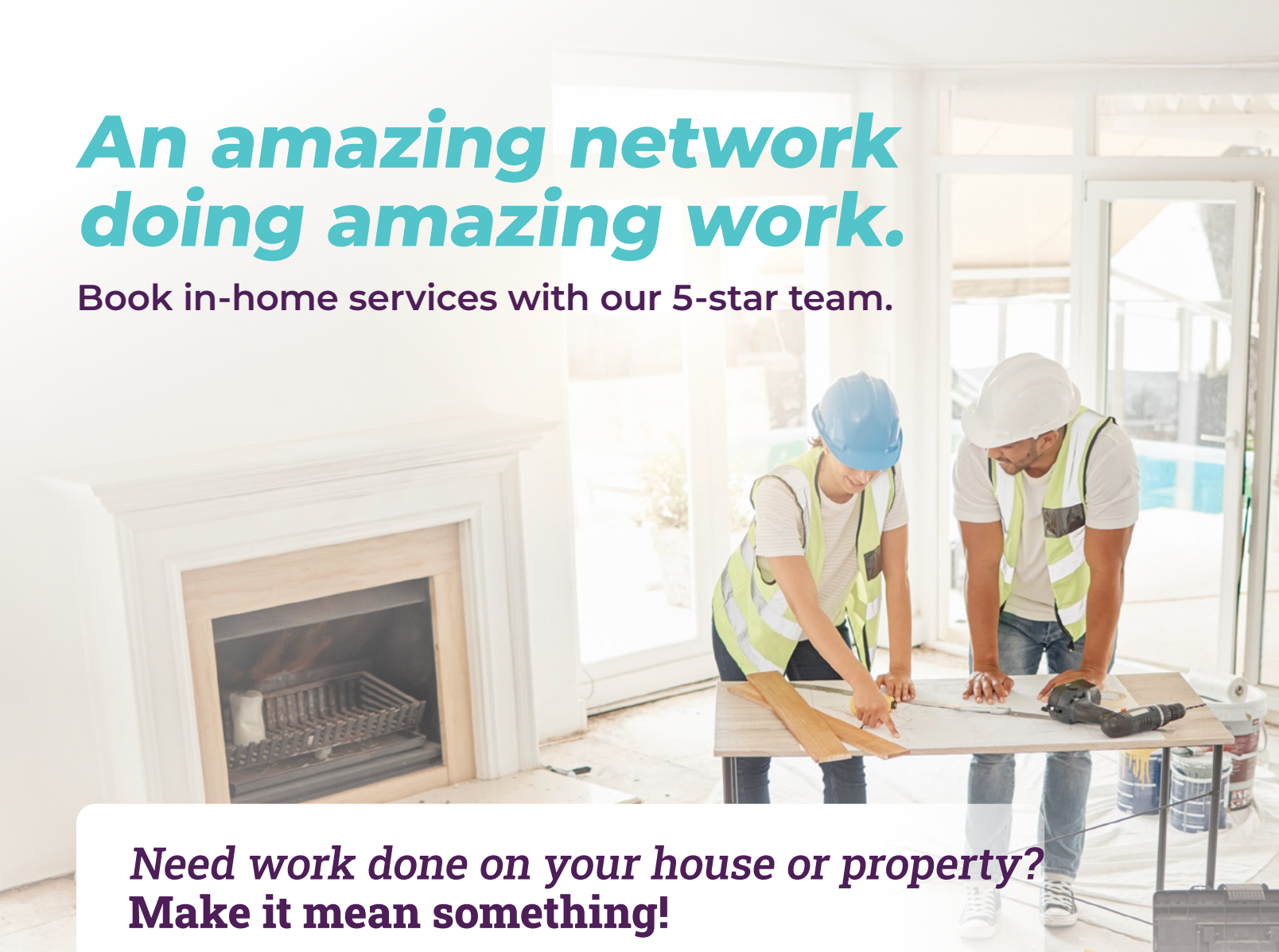
Fred's Friends is an alliance of excellent, top-rated local service providers so we have the perfect company to get you all patched up...

Kitchens are just the beginning.

JUST CALL **844.404.3733**

An amazing network doing amazing work.

Book in-home services with our 5-star team.



**Need work done on your house or property?
Make it mean something!**

Fred's Friends is a network of Michigan's top in-home service providers. We exist to raise awareness about pet rescue and adoption, and help you get top notch service for your home or property from pros who love pets as much as you do. Plus:

- 🐾 **Zero guesswork.** We've vetted every business to ensure 5-star service
- 🐾 **Zero worry.** We promise to share your info with just one business, so you won't become a lead that goes out to a million companies
- 🐾 **Your projects do more.** You can feel good knowing your project helped save a pet — you and your friend got the best deal with **\$100 cash back.***

CALL 844.404.3733

use our link, or scan the QR code to get started with a local, 5-star vendor and get pup-approved service.

FredsFriends.org

*\$100 cash back valid only on jobs greater than \$2,000 that have been completed and paid in full.

Get \$100 Cash Back on Over 50 Home Services

Hiring these services does more for rescues and you.

INTERIOR

ADDITIONS	CARPENTRY	FLOORING AND CARPET	HOME ENTERTAINMENT	PLUMBING
BASEMENT FINISHING	DESIGN	FOUNDATION REPAIR	INSULATION	REMODELING
BASEMENT WATERPROOFING	DISASTER RECOVERY	HANDYMAN	KITCHEN REMODELING	SLIDERS
BATHROOM REMODELING	DRYWALL REPAIR	HEATING AND COOLING	MOLD REMEDIATION	WATER TREATMENT SYSTEM
CABINETS	ELECTRICIAN	HOME CLEANING	PAINTING	WINDOWS

EXTERIOR

DECK BUILDERS	PEST CONTROL	GUTTER GUARDS/ CLEANING	POOLS	SEPTIC TANKS
DOORS	WELLS	ELECTRICIAN	OUTDOOR LIGHTING	DECK REPAIR
FENCE	GARAGE DOORS	GENERATOR	PAINTING	UNDERDECKING
RAILING	GARAGE EPOXY FLOORING	HOT TUBS	ROOFING	SIDING
DECK STAINING	SPA	TREE COMPANY	GUTTERS	SUNROOMS

Need work done on your house or property?
Make it mean something!

CALL 844.404.3733, use our link, or scan the QR code
to connect with a local, 5-star vendor and get pup-approved service.

*is your
local friend.*

*\$100 cash back valid only on jobs greater than \$2,000 that have been completed and paid in full.