

## WHAT TO FEED YOUR ARCTIC SPITZ (POMSKY) PUPPY

*"Remember, it is half the breeding & half the feeding!"*

Quite simply, an exceptional, well-bred animal can be ruined with poor feeding practices! You can proudly claim the elite title "naturally-reared" for your special puppy! Few breeders take the time or effort to raise their puppies in this way, so you can be confident, knowing your little one is off to a terrific start!

We hope you are already familiar with the nutritional information we have provided via email and on our site – Perhaps you have even joined a natural-rearing forum!? If not, researching now, before it is time to bring your puppy home is very important.

Over the next few months, you will likely appreciate the support of knowledgeable raw-feeders as you navigate concerns expressed by those unfamiliar with natural-care. This can include family, friends and even some veterinarians who are most comfortable recommending commercially-prepared foods.

### What do RunAmok puppies eat?

Mother's milk, raw meat, bones and organ meats provide “species-appropriate” nutrition for young puppies. By the time your puppy is ready to transition to his or her new home, its menu-selection will typically include chicken, elk, venison, turkey and/or beef! Most puppies over 8 weeks of age can consume small, soft bones such as chicken and rabbit, and are making "progress" on larger bones as well. This is as it should be!

Your puppy is a *carnivore*; as such, it is befitting to continue feeding a species-appropriate diet which will provide the adequate building blocks necessary for your puppy to mature into an extraordinarily healthy adult! A variety of muscle meat, meaty bones, as well as organ meat is necessary for proper, healthy development. The addition of an occasional raw egg (including shell) and a daily NuVet supplement will help provide any nutrients which may be lacking in your pup's diet.

### Locating a regular supply of “species-appropriate raw foods”.

- The meat aisle at your local grocery store is a terrific place to stock up on a variety of “human-grade”, inspected meats! Sale items allow for big savings and allow for that occasional splurge for special, pricier cuts, such as lamb breast!
- Get to know your local food sources! A wide variety of reasonably-priced foods can be found at local butcher shops, ranches, hobby farms and local hunters/fishermen. “Trim” (a variety of “odds and ends” scrap meat and bone) can often be acquired from these sources. Fresh trim is not only healthy for your puppy but inexpensive compared to “prime cuts”.
- If you do not hunt or fish yourself, folks who do can be terrific resources. Now, they won't be able to “sell” you wild game, but they can provide you the trim or scraps for free.
- As people become more knowledgeable concerning food choices for their pets, natural-rearing is rapidly increasing in popularity. There are many “food co-ops” all around the country, allowing people to purchase meats in “bulk”, splitting larger cases and sharing the cost benefits.

- A few companies are now producing “commercial” raw products. Commercially-prepared “raw” products can be “convenient”, however, compared to feeding a real species-appropriate diet, these products can be cost-prohibitive for many families. Furthermore, these foods are typically “ground” and mixed with vegetables. When considering “natural”, some dental benefits are lost when the bones are ground, but these foods are still a viable option for those who prefer to combine species-appropriate foods with modern-day convenience!

### “Whole prey” or “Franken-prey” ?

"Franken-prey" is a term coined years back in the popular raw-feeding forums. Like Dr. Frankenstein, over the period of a week or two, we “build” a prey-animal from various parts... This week, perhaps, we will feed our dogs the hindquarters of a chicken, pork ribs, lamb breast, beef steak, and turkey neck - this along with a small amount of organ meats, such as chicken liver, beef liver, kidney, etc. By week's end, we have "built" an amusing, albeit it macabre, "prey animal".

With even less planning, we can feed "whole prey" and then rotate the meat sources. For instance, we could cut a small chicken cut into 4 semi-equal pieces and feed over the course of 4 days; follow with a fryer rabbit, fed over 4 days; followed by turkey, fed over the course of a week and so on. \*These “whole” prey animals would include heart, liver, kidneys and for the fowl, gizzards. As complete, and near-perfect as can be found in a store setting... and both schedules result in amazingly healthy, happy dogs!

### Is there a sample menu?

Most young puppies (8 - 24 weeks) should be fed 2X daily. Unless there is an issue which prevents a normal progression, we then recommend dropping to one, larger feeding per day sometime after 6 months. If you have a question as to why we recommend transitioning to one meal daily we will be happy to chat with you.

During growth spurts, your puppy's food intake will vary. For simplicity, we *loosely* calculate a puppy's daily intake of meat, bones and organs should range *between* 3% - 5% of its estimated adult body weight. \*Please see note at bottom of page.

WE do not measure amounts meticulously. Some days we "overfeed" and some days we slightly "underfeed" – it is more natural this way – and seems to work well for growing puppies' digestive systems. As your pup goes through growth spurts or reaches adulthood, you may need to increase or decrease portions accordingly.

\*The sample menu below is merely an example of different, acceptable meals. You do NOT have to feed each and every meat on this list – and certainly not a different meat each day. For flexibility, you may feed the same type of meat for a full week as long as you rotate with several different meats over the month. For instance, feed chicken on week one, followed by beef for week two, turkey for week three, and pork for week four. If you prefer to offer more frequent changes in variety, you may rotate daily.

The key is in providing variety & nutrition over *time*, not all in one day!

## SAMPLE MENU

The below is a *sample* menu for a growing puppy, calculated to mature around 25 pounds. \*This was calculated at 4% of their ideal adult body weight.  $.04 \times 25 = 1$  pound of food daily *Your individual puppy may need more or less, depending upon estimated adult size, activity level and growth needs.*

### SUNDAY: Chicken

Morning: 1 pound of raw chicken, including skin, fat, bone and organ meat

Evening: Leftovers from breakfast

- TIP: Whole (2) pound chickens can be cut into two, semi-equal pieces, for 2 meal-sized portions. Alternately, (4) pound chickens can be easily cut into 4, meal-sized portions.
- TIP: A young pup will rarely finish their daily portion in one setting, so after they lose interest in their meal you may put the remainder in the fridge for their dinner.
- TIP: Avoid "enhanced" meats whenever possible. Some companies inject a saline solution to into poultry/pork. It is not as healthy and you just end up paying for salty water.
- TIP: Poultry "organs" such as liver, gizzard, heart and kidney are great – but gizzards and hearts are tough and chewy! Until puppies are large enough to chew them properly (or easily swallow them whole) we cut these into smaller pieces to avoid a choking hazard.

### MONDAY: Pork

Morning: 1 pound of raw pork, including fat, bone and organ meat

Evening: Leftovers from breakfast

- TIP: "Pork" can include items such as roast with bone in; ribs; hocks; neck; chops, shank; loin, but avoid "enhanced", seasoned or smoked pork. Sausage, bacon and ham should be entirely off the menu.
- TIP: Be mindful of sharp, irregularly-shaped bones as can be found in chops or neck pieces. Meat-saws often cut at steep angles, leaving abnormally sharp edges. \*You can tap sharp edges down with the back of a heavy spoon or meat mallet.

### TUESDAY: Beef

Morning: 1 pound of raw beef, including bone, fat and organ meat.

Evening: Leftovers from breakfast

- TIP: "Beef" includes all cuts, including tongue and "ox tail"! Short ribs are nice, because they have edible bone.

### WEDNESDAY: Goat, lamb, or mutton

Morning: 1 pound of raw goat, lamb or mutton including bone, fat and organ meat.

Evening: Breakfast leftovers

- TIP: Goat, lamb and mutton are similar in their cuts, so could be a shoulder roast with bone in; ribs; brisket; neck or miscellaneous trim.

THURSDAY: Rabbit

Morning: 1 pound of raw rabbit including bone, fat and organ meat.

Evening: Breakfast leftovers

- TIP: Rabbit is very easy to cut – especially when it is partially frozen.

FRIDAY: Turkey

Morning: 1 pound of turkey including skin, fat, bone and organ meat.

Evening: We don't really *need* to tell you what's for dinner, do we?!

- TIP: Turkey can be purchased whole, or already cut into smaller sections. Smaller portions are easier to work with, especially if you only have a couple mouths to feed.
- TIP: If you purchase a whole turkey, you can “high-grade” to some extent – Keeping a portion of the choicer cuts for the two-legged family members and using the rest for your dogs.
- TIP: Avoid "enhanced" turkey. As with chicken and pork, there's a lot of funny business goes on with manufacturing, so watch for that added solution.
- TIP: You can cut a whole turkey into daily portion sizes and then freeze for later use.

SATURDAY: Venison, elk, or moose

Morning: 1 pound of venison, elk, or moose, including fat, bone and organ meat.

Evening: Leftovers...

- TIP: Deer, elk and moose are physically similar to goats and sheep. Similar cuts can be found, albeit on the larger side.

#### OTHER FEEDING IDEAS

You may add raw fish, such as trout, salmon or ? Salmon is especially high in Omega 3; just make sure it has been frozen for 3 weeks in a regular freezer, or “deep frozen” for at least 48 hours.

If fresh fish is not readily available, canned fish, such as mackerel, tuna fish, etc may also be fed, but in moderation. We recommend fish at least a couple times per month, but even once per week would not be "overdoing" it.

Jaque McHenry ©RunAmok Farm 2019

[www.runamokfarm.com](http://www.runamokfarm.com)