



What Should I Feed My Cat?

The AWLA feeds most of our cats Hill's Science Diet. While we support the use of these products for most cats, we recommend speaking with your veterinarian, and of course, determining what your cat likes, to find the diet plan that is best for you. If you plan on changing foods, slowly transitioning your cat from the old food to the new food in the first few days will help ease potential "tummy troubles."

Age	Food we feed at the shelter	How much to feed
9 weeks to 6 months	Hill's Science Diet Kitten	Unlimited quantity of dry food Wet food three times a day
6 months and older	Hill's Science Diet Adult	Feed one 3oz can or half of 5.5oz can twice a day ¼ cup dry food once a day

Make mealtimes more fun!

(and avoid tummy upsets from eating too fast)

You can use your cat's daily meal to help with boredom and keep their brain engaged.

Consider feeding your cat from a puzzle or slow feeder instead of their bowl. This will slow your cat down so they don't eat too quickly **and** help keep them entertained.

There are a wide range of products you can buy, and there also are lots of online tutorials for making puzzle feeders from everyday household items. Check out [Food Puzzles for Cats](#) for lots of ideas to get you started.

You can even use some or all of your cat's daily meals as rewards for good behavior or fun tricks. Don't think you can train a cat? Check out [Cat School's YouTube Channel](#) for free videos on how to have fun with your cat through training!