

the JOY MAKER CHALLENGE



generationOn
A POINTS OF LIGHT ENTERPRISE



Be a Joy Maker!

The holidays are a wonderful time when people celebrate with their family and friends. But for some people, the joyful holiday season can feel lonely. By completing acts of joy through meaningful service, you can bring holiday cheer into the lives of people in your community and across the country.

Project Name: **Doggie Bags**

What You're Doing: You can help spread holiday joy by making and donating doggie treats to animals without homes!

Why it Matters: 5-7 million animals enter shelters each year. Animals can become homeless because they are abandoned, lost, or never had a home. These strays go to animal shelters to be housed. It's important to remember that animals need love over the holidays!

Budget: \$20-25

Ideas to Chat About:

- Why are you doing this project?
- Why is it important to help animals without homes?
- How will baking treats for the animals make an impact on how you feel about the holidays?

What You Need:

- Ingredients for homemade dog treats (see below, or use your own recipe!) - \$20
- Plastic bags (to put the treats in) - \$3
- Transportation (to drop the goodies off at the shelter)- Variable Cost

Project Instructions:

- **Grades K-2:** Keep it simple! Follow the instructions.
- **Grades 3-5:** For older children, have them take a more active role in making the biscuits!
- **Grades 6-8:** Go to the shelter to deliver the biscuits, and take the animals for a walk!
- **Grades 9-12:** After you have made enough treats and dropped them off at the shelter, ask shelter employees if there are other ways you can help.

Project Instructions:

1. Call a local animal shelter and ask if they would be willing to accept your treats.
2. Purchase supplies and the following ingredients to make about 5 dozen doggie treats:
 - 1 cup all-purpose flour
 - ¼ cup wheat germ

- o ¼ cup brewer's yeast
 - o 1 teaspoon salt
 - o 1 ½ tablespoons canola oil
 - o ½ cup low-sodium canned chicken stock, plus more for brushing
3. Make the dog treats. You can either use the recipe below or one of your own.
 4. Preheat oven to 400 degrees. In a medium bowl, whisk together flour, wheat germ, yeast, and salt; set aside.
 - a. Place oil in a large bowl. Add stock and flour mixture in three alternating batches, beginning and ending with stock. Mix well.
 - b. On a lightly floured work surface, roll out dough. Shape biscuits using a dog-bone-shaped cookie cutter or by cutting around a store-bought dog bone with a butter knife.
 - c. If desired, you can spell out a holiday message in the dough with a toothpick (wet the toothpick first so it won't stick).
 - d. Transfer to parchment-lined baking sheets. Repeat with remaining dough.
 - e. Bake biscuits for 10 minutes. Brush with stock; rotate baking sheets, and bake 10 minutes more. Turn off oven, leaving door closed. Let dog biscuits stand in oven to dry completely, about 1 1/2 hours. Wrap as a gift, or store in an airtight container at room temperature. (The full recipe can be found here: <http://www.marthastewart.com/264802/homemade-dog-biscuits>)
 5. Clean up.
 6. Donate the treats to the shelter you selected.

Reflections:

- What part of the experience did you enjoy most?
- What volunteer activity would you like to do next?

Additional Resources and Suggestions:

- Make toys for cats! They can be found in shelters too. Check out this video for some great and easy ideas: <https://www.youtube.com/watch?v=DFDGCq8duqc>.
- Check out this [fact sheet](#) on Animal Welfare and other ways you can help!
- Read Before You Were Mine by Maribeth Bolts: Learn about dogs from shelter animals and how being responsible is a big part of owning a pet.
- [Martha Speak](#): Online resources to help children and families understand animals, animal safety, and the importance of ending animal cruelty and homelessness.

