



## Eddie's Pet Bowl Guide

These days I'm taking a more careful look at my food, and even to the bowls I eat it from. In the market for new food and water dishes? Here are my recommendations.

### **Skip the plastic dishes.**

Cleo and I used to eat from plastic dishes, but then she developed a little condition known as kitty acne (just don't tell her I told you, she might be embarrassed). Kitty acne can be caused by a variety of things, and one of those things is plastic dishes. See, plastic is porous, and that means that dirt and germs can live in the plastic. It also means that plastic can't be sterilized -- not even in the dishwasher. That might be bad for kitty's chin, but it's also pretty gross to eat off of if you think about it. Plus, there are all kinds of chemicals in plastic that might migrate into your food and water.

### **Stainless steel is a good choice.**

Stainless steel is non-porous and extremely durable, so it'll last a good long time. As long as the bowls are made of food-grade steel, you don't have to worry about any bad things getting from the metal into your food. Stainless steel bowls are light, which means it can be hard to get the last bits of food out of them without pushing the bowl clear across the room. A textured placemat can help keep bowls in place.

### **Glazed ceramic is another non-toxic option.**

Ceramic is heavy-duty stuff! As long as it's glazed it's non-porous, but make absolutely sure to get a bowl that's intended to be used for food and uses lead-free glaze. Keep an eye out for chips and scratches, since areas where the glaze comes off can harbor germs.

### **Keep it clean!**

No matter what kind of bowls you're using, keeping them clean is critical. Any bowl you eat wet food out of should be cleaned every day. Dry food bowls and water dishes can be scrubbed less often, but even they should be rinsed on a daily basis.

### **Bonus: Tip for my tall friends.**

If you're a tall dog who's tired of getting neck aches from bending down to eat, ask your human to put your dish up on a slightly higher surface, like a bench or low table. Or ask them to spring for an elevated dog dish. You can get them in lots of styles from lots of places for lots of different prices.