

Just in time for the season of delicious temptations, Ellen Folke sent us this updated list of things that are dangerous or safe for your beloved companions. *Thanks, Ellen!*

# TOXIC & SAFE HUMAN FOODS FOR PETS



Available 24/7  
\*Fees Apply

ASPCA Poison Control • Call (888) 426-4435\*  
Pet Poison Helpline • Call (855) 764-7661\*  
Animal Poison Hotline • Call (888) 232-8870\*

Veterinarian Name/Number: \_\_\_\_\_

Emergency Vet Name/Number: \_\_\_\_\_



Food toxicity can range from mild discomfort to severe poisoning. Consult with your veterinarian if you think your pet ingested a toxic item.

## MEATS & FISH

### TOXIC

- Fatty/Junk Foods
- Fat Trimmings
- Fish & Poultry Bones
- Raw Meat
- Raw Fish
- Raw Eggs



### SAFE

- Cooked Lean Beef, Lamb, Pork, Chicken or Turkey (unseasoned)
- Cooked Tuna or Salmon (unseasoned in moderation)
- Cooked Eggs
- Broth (low sodium)



## NUTS, SWEETS & SPICES

### TOXIC

- Salty Foods (in large amounts)
- Sugary Foods (in large amounts)
- Artificial Sweeteners: Aspartame or Xylitol (frequently found in sugar free candy, gum, peanut butter)
- Chocolate
- Nutmeg
- Nuts: Macadamia, Almonds, Walnuts, Pistachios, Pecans
- Seeds: Sunflower, Pumpkin, Fruit
- Gum
- Candy

### SAFE

- Honey (in small amounts)
- Peanut Butter (with real sugar)
- Oils: Olive, Coconut, Flax (in small amounts)

## FRUITS

### TOXIC

- Avocado
- Grapes
- Raisins
- Currants
- Rhubarb
- Grapefruit
- Citrus Rinds (Skin)
- Fruit Pits: Apricots, Peaches, Plums, Cherries, Nectarines



### SAFE

- Apples
- Bananas
- Melons: Cantaloupe, Honey Dew, Watermelon
- Kiwi
- Fruit only-no Pits: Mangoes, Apricots, Peaches, Plums, Nectarines
- Pumpkin
- Pineapple
- Pears
- Berries: Strawberry, Blueberries, Blackberries, Raspberries
- Citrus: Oranges, Clementines, Tangerines, Lemons (no rinds)

## STARCHES & GRAINS

### TOXIC

- Yeast Dough
- Moldy Bread or Food
- Homemade Play or Salt Dough
- Potato Skins/Raw Potatoes
- Popcorn kernels (choking hazard)



### SAFE

- Potatoes/Sweet Potatoes (cooked with skin removed)
- Rice (in small amounts)
- Grains: Oatmeal, Polenta (cooked)
- Whole Grain Bread (small amounts)
- Popcorn (air popped plain)

## VEGETABLES

### TOXIC

- Garlic
- Onions
- Chives
- Leeks
- Mushrooms
- Tomatoes



### SAFE

- Green Beans
- Carrots
- Celery
- Asparagus
- Broccoli
- Cooked Zucchini/Squash
- Peas

## DAIRY

### TOXIC

- Milk, Cream, 1/2 & 1/2
- Butter, Butter Spread
- Ice Cream, Whipped Cream



### SAFE

- Cheese (in small amounts)
- Cottage Cheese (in small amounts)
- Greek Yogurt (plain, low fat)

## DRINKS

### TOXIC

- Alcohol (Beer, Wine, Liquor)
- Caffeine (Energy Drinks, Coffee & Tea)



### SAFE

- Water
- Coconut water (unsweetened)

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# Frank Bruni: Sticking Close

There are dogs who can't wait to run free. Then there are dogs who can't bear to run far. My Regan belongs to the latter group.

Don't get me wrong: She itches for and visibly relishes the stretches of our walks when we're in the woods, she's released from her leash and she can dart this way and that, toward a sound or a squirrel or something else that piques her curiosity.

But always, she boomerangs back. She doesn't like to lose her bearings, and I'm her bearings. She doesn't want to shirk her responsibility, and I'm that, too.

I'm guessing her thinking, obviously. I'm surely anthropomorphizing, too. But what's the point of pets without a heavy dose of anthropomorphism? Besides, there are clues to Regan's reflections, such as what she does whenever she reaches a fork in the trail before I do. She proceeds only a few strides in one of the two possible directions before she freezes, looks backward and gets a "yes" or "no" from me. While she may simply be subordinating her desires to mine, it's also possible that she's making sure she doesn't wind up alone.

Or that I'm not abandoned. She's a herding dog, I suppose — one half of her is Australian shepherd and there's a dab of Old English sheepdog in the rest — and perhaps that casts me in the role of flock. I've definitely noticed,



on those occasions when she accompanies a group of people on a long woodland walk or hike, that she's unusually alert to and unsettled by a straggler or stragglers. She seems intent on our sticking together, in a tight knot.

I believe that boils down to disposition as much as duty. She appreciates the balm and the benefit — to her, to us — of company. The world, after all, is a big and scary place. It's best navigated with loved ones by your side.

- Frank Bruni  
in the NYTimes, September 19, 2024





Dogs' noses are like a human fingerprint: each one is unique.

*Here is an excellent  
Office Door Policy:*





# OUT & ABOUT!



*Joslyn Davidson with Kam, and Karin Ohlin with Boots, at the Capitol in Helena.*

ITA's Helena Chapter was invited to send teams to the Capitol Rotunda for a Survivors of Suicide Loss Event at the end of November. Chapter Leader Rosanna Finley tells us:

“In spite of a lot of ice on the roads, we had 6 member teams there, and a mentor for two of our newer members, as well as two of us at the table, so we were able to bring information, comfort and smiles to a lot of the participants! I was very pleased so many in our group participated - especially since two of our teams couldn't make it because of the ice.”

– Rosanna Finley





Anna Guidry shared these photos of their daughter Scottie with Charlie, her ITA partner. She says Charlie was very unsure about this new creature at first, but always respectful. Now they are great friends. Anna says, “Charlie is sooo sweet and cautious with her. Gets up and stands between Scottie and the tile floor (or the top of the stairs) if she’s walking that way. Or, as in the photos at left, they play Household Security together!”

“How does the Great Dane recognize the Dachshund as kin? We have no idea.”

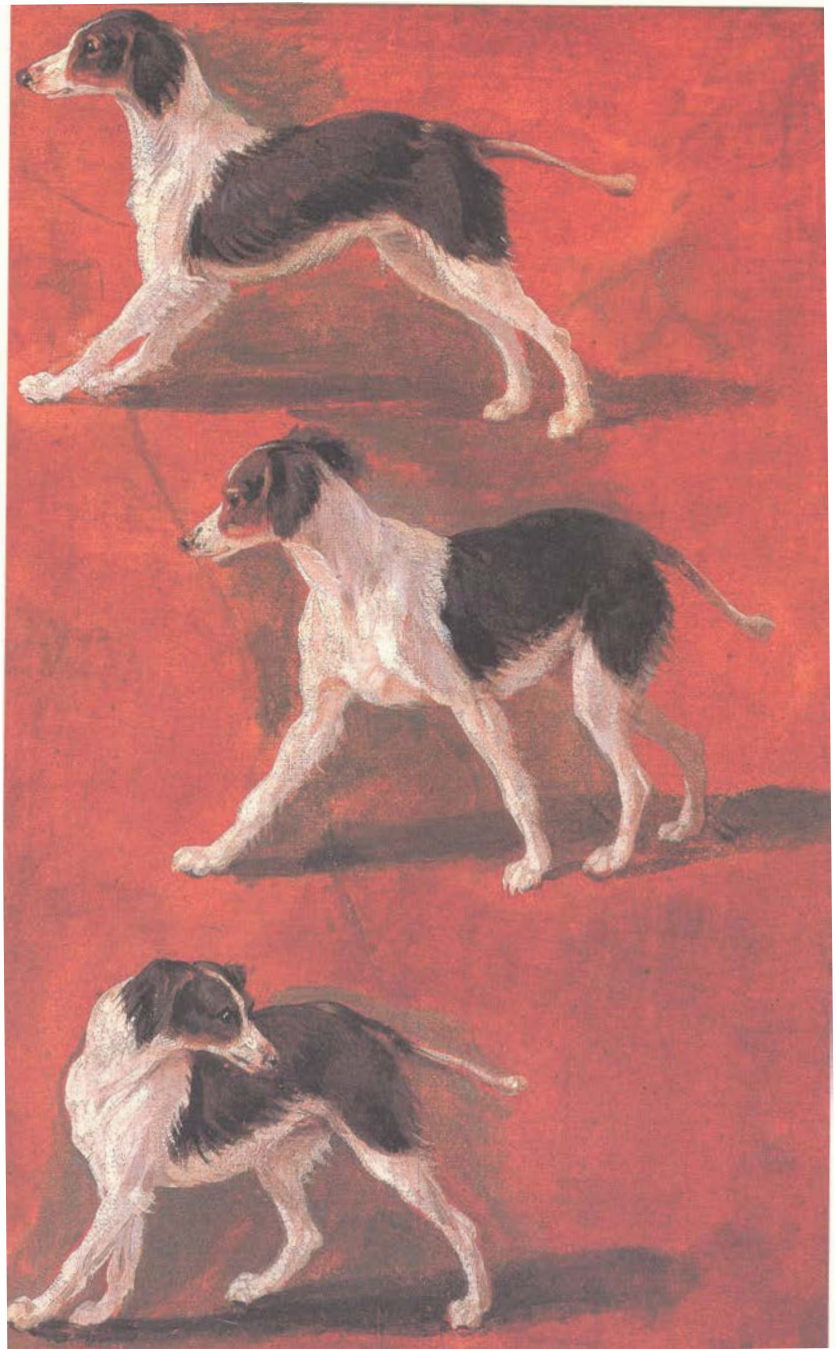
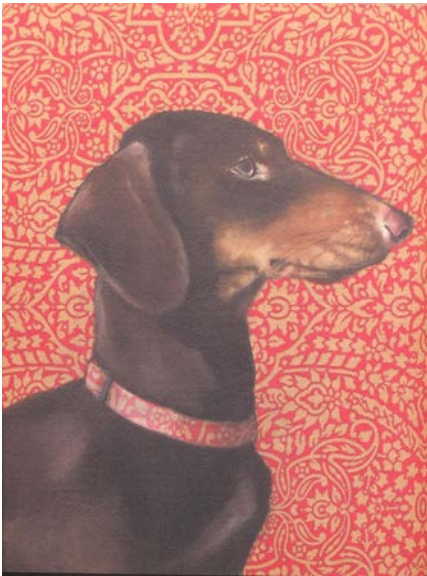
- Joseph Duemer, poet





# Paintings with Dogs

(highlighting the season's primary color)



LEFT TOP: Clair Hartmann - Longfellow - 2012

LEFT MIDDLE: Jylian Gustlin - Dog - 2002

LEFT BOTTOM: Martyna Zoltaszek - Superstar - 2010

RIGHT ABOVE: Alexandre-Francois Desportes - Three-Coloured Spaniel - 17th Century





# The Lighter Side

