



# Making Horse Treats

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- Supplies:**
- 4-H at Home with Horses video, episode 2 - <https://youtu.be/jejLRiqv0Wk>
  - Recipe and ingredients – page 2
  - A Treat for My Sweet Worksheet and Key
  - Scissors and paper
  - *Equine Science* by Jean T. Griffiths, Nutrition Chapter, page 105
  - Feeding Treats to Horses - <https://ker.com/equine/feeding-treats-horses/>

**Age or Grade:** All youth (adult assistance/guidance may be needed with recipe activity)

**Time:** 45-60 Minutes

**Rationale:** Many horse owners love to feed their horses treats. When making homemade horse treats, it is important to recognize safe and unsafe ingredients, how to safely feed horse treats, and how much to feed at any one time.

- Project Goal:**
- Make homemade horse treats at home.
  - Identify what treats are considered safe and which ones are unsafe.
  - Demonstrate how to properly feed horse treats.
  - Recognize how much is a safe amount to feed.

- What to Do:**
- Watch 4-H at Home with Horses, Episode 2
  - Using recipe provided, make your own horse treats.
  - Complete the worksheets and check answers using the key.
  - Beyond lesson: read about Equine Nutrition, Chapter 7 in *Equine Science* by Griffiths, and click on the article link provided above - Feeding Treats to Horses by KER staff

- Reflect:**
- What would I do differently with this recipe, if I made more?
  - Why is it important to know what I can safely feed my horse?

- Apply:**
- How does this change how I will feed more horse treats in the future?
  - Will you continue making horse treats or purchase them at the store and if so, why?

**Authors:** Mattie DeBord, SW District 4-H Horse Ambassador  
Sandy Arnold, Youth Equine Extension Associate





# Virginia 4-H Horse Project @ Home Activity

## 4-H at Home with Horses - A Treat for My Sweet Recipe

by Mattie DeBord, SW District 4-H Horse Ambassador

### Recipe for Horse Treats:

2 c. Oats	2 tsp. Salt
2 c. Flour	4 tsp. Vegetable Oil
½-1 c. Molasses	2 tsp. Brown Sugar

### \*\* Options:

You can add shredded carrots, chopped apples, raisins, or sunflower seeds to this mix.

### Instructions:

Pre-heat oven to 350°. Add all ingredients to a mixing bowl, starting with only ½ c. of molasses. Pay attention to the consistency as you may need to add more molasses if the batter is too dry to form into a ball or cube. Mix and add molasses as needed. Once you are able to form small balls or cubes, place them on a bread pan that has been lined with wax paper. Place in the oven for 10-15 minutes or until golden brown.



Ingredients



Finished horse treats!



Mattie and Charis celebrating her birthday!



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## Virginia 4-H Horse Project @ Home Activity

### **4-H at Home with Horses - A Treat for My Sweet Q & A**

by Mattie DeBord, SW District 4-H Horse Ambassador

#### What Types of Treats Can I Feed My Horse?



Horses enjoy treats as much as we do! Let's face it, we love to spoil our horses and treats is one way to do it. Sometimes, we use treats while training as well, but we need to be mindful of feeding treats in moderation and how we should properly feed them.

Your parents prefer that you eat more fruits and vegetables, instead of treats such as cookies. In the horse world, preference of apples and carrots are given as treats, which are also known as succulents. Raisins, prunes, pumpkin, melons, bananas, peas, strawberries, sunflower seeds, and celery are other safe options to feed your horse. Sweet treats, such as peppermint candies, are also an option if your horse is not on a sugar-free diet. Treats can be purchased at your local feed or tack store, and these treats often contain molasses which can be stored for an extended period of time. When feeding fruits and vegetables make sure that you cut them into smaller pieces to avoid a choking hazard.

#### What Types of Treats Are Bad for My Horse?

Some foods can cause a horse's digestive system to become upset, and potentially cause colic, so these types of foods should be avoided. Foods that should not be fed as treats include cabbage, broccoli, cauliflower, potatoes, onions, kale, acorns, chocolate, as well as lawn and garden clippings.

#### How Many Treats Can I Give My Horse?

You shouldn't feed your horse a giant pile of apple slices. Remember, moderation is key. That means 1-2 pieces is plenty. Your horse will beg for more, but learn to say no. Horses are foragers and need a lot of small, frequent meals. Their stomach is small in capacity (only 2-4 gallons) in comparison to their entire digestive tract, so you do not want to give him too many irregular, high-sugar calories, that will upset the digestion process. His digestive tract contains a certain balance of bacteria and other microbes that are essential to its function. Too many treats could lead to colic (a bad stomach ache) or other health issues.

#### Safely Feeding Horse Treats

Too many treats can cause your horse to become greedy. Be mindful of the fact that horses can bite people, especially little children, when treats are offered by the hand. If you feed your horse by hand, put it in the middle of your open flat palm and nudge it slightly toward his mouth rather than pulling your hand away as he reaches – the latter causes the horse to thrust toward the food. For little children, parents can hold the fingers away, however the safest way to feed treats is by using a bucket or feeder.



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### 4-H at Home with Horses - A Treat for My Sweet Worksheet

Option 1 - Cut out the following pictures and place them in the "Safe" or "Unsafe" Pile.  
Option 2 - Write safe or unsafe under each picture.

<p><b>Safe for Horses to Eat</b></p> 	<p><b>Unsafe for Horses to Eat</b></p> 
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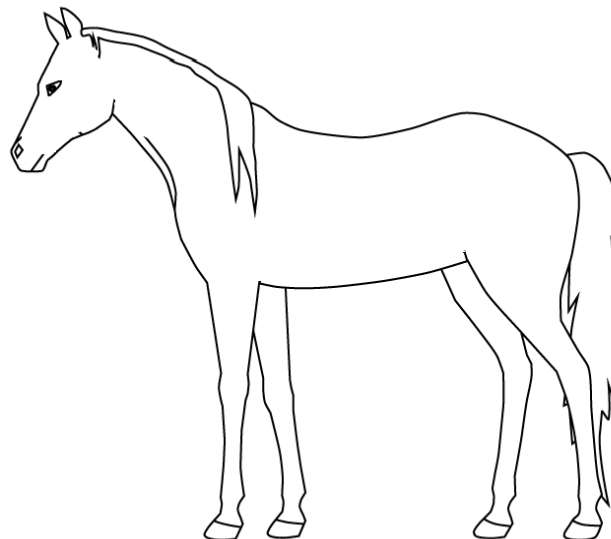
 <p>1</p>	 <p>2</p>	 <p>3</p>	 <p>4</p>
 <p>5</p>	 <p>6</p>	 <p>7</p>	 <p>8</p>
 <p>9</p>	 <p>10</p>	 <p>11</p>	 <p>12</p>
 <p>13</p>	 <p>14</p>	 <p>15</p>	 <p>16</p>





## ***4-H at Home with Horses - A Treat for My Sweet Worksheet***

*Draw a picture of you feeding this horse by hand or with a bucket.*



### ***4-H at Home with Horses - A Treat for My Sweet Worksheet KEY***

<b><i>Safe for Horses</i></b>	<b><i>Unsafe for Horses</i></b>
<b><i>2. Carrots</i></b>	<b><i>1. Broccoli</i></b>
<b><i>5. Pumpkin</i></b>	<b><i>3. Onions</i></b>
<b><i>6. Watermelon</i></b>	<b><i>4. Cabbage</i></b>
<b><i>9. Celery</i></b>	<b><i>7. Cauliflower</i></b>
<b><i>11. Raisins</i></b>	<b><i>8. Potatoes</i></b>
<b><i>12. Bananas</i></b>	<b><i>10. Acorns</i></b>
<b><i>14. Strawberries</i></b>	<b><i>13. Chocolate</i></b>
<b><i>15. Apples</i></b>	<b><i>16. Kale</i></b>

