



# Why Train with Food?

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1. Most dogs love food. This makes it an excellent training reward.
2. Food is easy to carry and very convenient.
3. There is a huge variety. This makes it easy to adjust the value of the reward based on level of difficulty. Coming when called mid-squirrel chase needs a higher reward—steak or chicken—than sitting on cue in the living room.
4. Food makes dogs happy. Using food to train results in dogs who happily anticipate the next training session.
5. Food can be used to change a dog's emotional response from fear to joy using a technique called counter-conditioning.

Of course, there are other rewards to include when training, such as play, toys and praise. But it makes sense to have food items very high on your list of training rewards.

All dogs have to eat—why not use this to your advantage?



I love food!