

wundercat

Tips for Finicky Cats

Most cats are cautious with new food.
It's part of their natural behaviour.

They need time to get comfortable with new smells,
textures, and tastes. Some cats take a few days.
Others take a few weeks. Both are normal.



Stop the kibble buffet. Set mealtimes.

This is the foundation. Cats with constant access to kibble have little motivation to try something new. Offer meals for 20–30 minutes, twice a day, then remove it.



Side-by-side bowls

Some cats refuse mixed food, but will try a new meal from a separate bowl placed next to their usual one.



The paw trick

Place a small dab on the paw or on their mouth. Grooming instinct takes over, helping them taste and recognise it as food.



Whisker-fatigue fix

Deep bowls can touch sensitive whiskers. Use a wide, shallow plate for more comfortable eating.



Play, then feed

10–15 minutes of play before meals activates the hunt-eat cycle, increasing interest in food.



Scent-only introduction

Open a pouch nearby before serving. This builds familiarity with the smell without pressure to eat.



Lick mats and puzzle feeders

Lick mats turn meals into a foraging activity, encouraging slower eating and curiosity.



Drizzle and sprinkle

Add a small amount of tuna water, bone broth, or freeze-dried meat to enhance aroma and appeal.



Don't hover

Place the food down and step away. Cats can see attention around unfamiliar meals as a potential threat.



Clean bowl, every meal

Old food smells can put them off. Use clean ceramic or glass bowls.