



NATCAT'S GUIDE TO ECONOMICAL, YET RESPONSIBLE CAT CARE

As a shelter for owner-relinquished cats, NATCAT is committed to helping you keep your cat during these tough economic times. Apply these tips to reduce the costs of care – from mealtime to playtime.¹

Food

Resist your kitty's cry for too much kibble. "Serving moderate portions not only saves you money on food – it also reduces the likelihood of obesity," says ASPCA National Program Office Executive Vice President Stephen Zawistowski, Ph.D. And obesity can lead to costly health issues.

So how much food is enough? As a daily guide, the National Research Council recommends:

		WEIGHT (lbs)			
		5	10	15	20
AMOUNT (cal)	Kitten (post-weaning)	200	–	–	–
	Lean Cat	170	280	360	440
	Overweight Cat	180	240	280	310
	Pregnant/Nursing Cat	336	603	851	1091

Health

You can save a lot of money in the long run by taking your cat to a veterinarian for annual exams and vaccinations. "A No. 1 money-saver is preventive veterinary care," notes Dr. Zawistowski. Fretting at the thought of vaccination costs? Just ask your vet to recommend only the vaccines your cat needs based on age, health and lifestyle. Another option is a low-cost vaccination clinic. Need a referral? Just call NATCAT!

Spaying and neutering also alleviates future health issues. For females, spaying reduces the risk of breast cancer and rids the risk of ovarian and uterine cancer.

For males, neutering reduces the risk of testicular cancer. For both, the surgery eliminates the cost of caring for newborns. Need a low-cost referral? Just call NATCAT!

For a reputable but affordable vet, call around, ask friends and compare fees – a lot of clinics offer discounts for multiple pets or seniors. You can also ask your vet to submit a request for assistance from the American Animal Hospital Association (AAHA) Helping Pets Fund, as long as they're an AAHA-accredited practice. For more information on the Fund, visit www.aahahelpingpets.org.

For ongoing, worry-free care, consider pet insurance. The Humane Society of the United States (HSUS) exclusively recommends Petplan, which uniquely tailors coinsurance and deductible options to meet your budget. Apply online for a 5% discount, and enter HSUS Discount Code SPD20002 for an additional 5% off! For more information on Petplan, visit www.gopetplan.com.

Need discount medications? Compare costs from your neighborhood pharmacy and websites that offer free shipping, such as 1-800-PetMeds. If appropriate and possible, buy in bulk and with a coupon.

Supplies

You are most likely to find the least costly pet supplies online. If appropriate and possible, use a coupon and buy in bulk. And rotate rather than replace toys.

Grooming

Regularly clip your cat's nails to save the costs of replacing your curtains, couches and other household furnishings. Additionally, brush your cat's teeth daily to prevent tartar, gingivitis and other teeth issues that can lead to heart and kidney problems.

¹ Based on information from:
Cutting Pet Care Costs. (2009). ASPCA.
Saving Money on Vet Care. (2009). ASPCA.
Your Cat's Nutritional Needs. (2006). National Research Council.
What You Can Do if You Are Having Trouble Affording Veterinary Care. (2009). HSUS.
Petplan Pet Insurance. (2009). HSUS.



As a shelter whose primary mission is dedicated to the protection and welfare of cats, NATCAT provides ongoing information to help you continue caring for your feline friend. Have questions? Call NATCAT today.

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