

Provide Non-Food Rewards

Benefits of Providing Non-Food Rewards:

- Provides an environment that fosters healthy eating and supports 5210 messages
- Allows the opportunity for more frequent rewards (if useful)
- Adds to fitness if physical activity used as a reward
- Kids *prefer* non-food rewards! Just ask them!

Consequences of Providing Food as a Reward:

- Contributes to poor health
- Encourages overconsumption of unhealthy foods
- Contributes to poor eating habits
- Increases preference for those foods (often sweets)

Classrooms that provide non-food rewards are healthy classrooms!

Consider:

- Developing guidelines that discourage the use of food as a reward
- Offering a monthly indoor or outdoor physical activity to celebrate students' accomplishments in lieu of food-based rewards
- Offering rewards that endorse physical activity
 - Extra recess, longer recess, outdoor activities, Take Time activity
- Offering rewards that endorse academics
 - Pens, pencils, notebooks, books, art time, activity sheets, etc

