Often times we think that “little treats” don’t add up; however, one of our own staff members here at Let’s Go! shared what her 6 year old daughter ate in one day, just from food rewards. Check it out, you’ll be amazed!

**FOOD REWARD # 1**
Sally arrives at pre-school and shortly after receives Skittles to practice adding and subtracting. She gets to eat them all when she is done.

Small snack pack of Skittles = 61 calories

**FOOD REWARD # 2**
Sally’s classmate Ben is turning 6! Sally gets a cupcake (right before lunch) to help Ben celebrate!

Cupcake = 230 calories

**FOOD REWARD # 3**
After pre-school, Sally goes to Grandma’s house. Mom provided a healthy snack for after school, but Grandma offers Sally treats instead because she is excited to spend the afternoon with her (a milkshake, juice box, and cookies!).

Small milkshake = 200 calories
Juice box = 100 calories
Cookies = 160 calories

**FOOD REWARD # 4**
Sally gets picked up by her dad from Grandma’s house and on the way home is given a candy bar for being so well-behaved at Grandma’s.

Candy bar = 220 calories

Throughout the day, Sally took in 971 calories just in food rewards! That’s over half of the calories she needs in a day, and doesn’t even include her three meals. These treats are full of “empty calories” and offer little nutrition.

**Wondering what you can do to help prevent this?**
- Work with children to learn what, besides food, makes them feel rewarded – an extra 5 minutes of playtime? Picking out a book to be read? Listening to music? Then, provide these rewards instead of food.
- A word of praise or a high five is a great way to reward a child.
- Talk to your provider about setting policy about not using food as a reward.
- Use physical activity as a reward!
- Occasional treats are okay, but they should be just that – occasional, and not a reward but a treat!