Here are ideas for how to avoid the use of food rewards and provide non-food rewards for children with intellectual and developmental disabilities (I/DD).

Each bolded item represents a handout in this toolkit!

Learn why it is important to avoid food rewards and provide non-food rewards for children with I/DD:
- Why Prohibit the Use of Food as a Reward?
- Food Rewards Tracker

Get ideas for ways to reward children without using food:
- Preference Assessments for Children with I/DD
- Use Non-Food Rewards
- Use Physical Activity as a Reward

Implement new strategies to reward children without using food:
- Transitioning to Non-Food Rewards for Children with I/DD
- Use Education and Service Plans to Support Healthy Habit Goals for Children with I/DD
- Everyone Plays a Role in Providing Non-Food Rewards for Children with I/DD

For more ideas to provide non-food rewards for children, check out the other Let’s Go! toolkits at www.letsgo.org/toolkits/