

Use

NON-FOOD REWARDS

For any age student, don't underestimate the power of using verbal praise that is specific. For example, "You did a great job, John. I'm so proud of you for helping Jack with his math problems today."

To support your efforts, help to create a district-wide policy that prohibits the use of food as a reward.

Alternatives to food as a reward

Younger students can:

- Share a special item or talent with the class.
- Be "Super Kid of the Day", or "Star of the Day."
- Sit in a special seat during snack time or lunch.
- Be recognized in a newsletter or on a bulletin board.
- Be given an important responsibility, such as helping teach the class or reading the morning announcements.
- Receive a compliment from the other kids in the classroom.
- Receive a positive note from the principal, teacher, or have one sent home for parents to see.
- Get a signed t-shirt, Frisbee, or ball.
- Lead out on group activities.
- Receive coupons with special privileges.
- Attend a reading party (kids bring blankets to sit on and read favorite books).
- Read a favorite poem.
- Share a favorite picture of a family member or friend.
- Play a favorite game or puzzle.
- Eat lunch outdoors or have a picnic.
- Eat lunch/take a walk with the principal or a favorite teacher.
- Get access to items that can only be used on special occasions (e.g. special art supplies, toys, or games).
- Get a trip to a treasure chest full of small, non-food items (e.g. bubbles, crayons, finger puppets, Slinkys, yo-yos, rubber balls, spinning tops, stickers, school supplies, etc.).
 - Get a monthly indoor or outdoor physical activity event to celebrate accomplishments or birthdays.
 - Make a list of fun, non-food rewards and get to choose a reward from the list when appropriate.
 - Dance to favorite music.
 - Schedule a field trip.
 - Read the kids' favorite book.
 - Get extra or longer free time.
 - Get extra outdoor activities.
 - Receive a trophy or ribbon.

Benefits of providing non-food rewards:

- Creates an environment that fosters healthy eating and supports the 5-2-1-0 message.
- Allows the opportunity for more frequent rewards.
- Adds to fitness if physical activity is used as reward.



continued

Alternatives to food as a reward

Older students can:

- Sit with friends.
- Listen to music while working.
- Get extra credit.
- Be given less homework.
- Get a late homework pass.
- Be entered into a drawing for donated prizes.
- Receive recognition during morning announcements.
- Get tickets to school events (e.g. sports games, dances).
- Choose partners for activities.
- Earn points or play money for privileges.
- Have class outside.
- Receive extra free choice time.
- Be recognized at a pep rally or assembly.
- Choose end-of-class brain teasers or games.
- Earn sports equipment or athletic gear (e.g. frisbees, water bottles, head or wrist sweat bands, NERF balls, etc.)

