

ALTERNATIVES TO USING FOOD AS A REWARD



2 FOOD FACTS:

- #1 Food has been the #1 way to reward students for good behavior and academic performance.
- #2 Pizza, candy, pop and ice cream are the most common food rewards.

There are several disadvantages for using food as rewards in classrooms:

- Mixed messages are sent when we teach nutrition in the classroom, but then offer poor food choices as a reward for good behavior.
- Foods often used as rewards are often high in added sugar and fat and can contribute to childhood illnesses, such as obesity, cavities, hypertension and diabetes.
- This routine teaches kids to eat when they're not hungry.

Students Learn What They Are Taught

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ALTERNATIVES FOR FREE

Sit by friends
Watch a video
Read outdoors
Teach class
Have extra art time
Enjoy class outdoors
Have an extra recess
Play a computer game
Read to a younger class
Get a no homework pass
Make deliveries to the office
Listen to music while working
Play a favorite game or puzzle
Earn play money for privileges
Walk with a teacher during lunch
Eat lunch outdoors with the class
Be a helper in another classroom
Eat lunch with a teacher or principle
Dance to favorite musics in the classroom

Get "free choice" time at the end of the day
Listen with a headset to a book on audiotape
Have a teacher perform special skill (i.e., sing or jump rope)
Have a teacher read a special book to the class

ALTERNATIVES WITH A COST

Select a paperback book
Enter a monthly drawing for prizes
Take a trip to the treasure box (non-food items)
Get stickers, pencils, and other school supplies
Receive a video store coupon