



FOR REWARDS

Rewards are a wonderful way to encourage positive behavior in children. Everyone likes to hear they have done a nice job. Using food as a reward has been shown to create issues with food that can last a lifetime. Support your student's healthy future by using other ways to praise them.



Advantages of Rewards

Inexpensive

Immediate behavior change

Disadvantages of Food as a Reward

Compromises Classroom Learning
Research has shown that healthy kids learn better.

Contributes to Poor Eating Habits
Teaches children to eat when they are not hungry, as a reward to themselves. This habit may last a lifetime and can contribute to unhealthy weight gain.

Encourages Over Consumption of Unhealthy Foods
Nutrient poor foods, like candy, used in hopes to inspire good behavior/academics results in an expectation of an unhealthy reward.

Increases Preferences for Sweets
Food preferences increase significantly when the food is used as a reward.

Contributes to Poor Health
High calorie, sugar, fat and salt foods are typical reward foods and can lead to health issues if consumed in excess.

Sends Mixed Messages About Nutrition Education
Nutrition education teaches children that it is important to be healthy to do their best. When students are rewarded with food, they learn that if they do their best they should get a sweet or special food treat. These "treat" foods are then seen as "good" foods.

Contributes to Poor Dental Health
Eating sweets promotes tooth decay.



FOR ALTERNATIVE REWARDS

YOUNGER STUDENTS

- Let students come up with list of ideas
- Do deliveries for the teacher to the school
- Teach the class skill or hobby
- Read to younger class
- Pencils, stickers, erasers
- Free time
- Extra recess
- Eat with principal/teacher
- Outdoor class
- Show and tell
- Earn money for privileges
- Choose book to be read
- Books **(USE BONUS POINTS FROM BOOK CLUB)**
- Get a no-homework pass
- Get a late homework pass
- Front of line pass
- First to recess pass
- Early to lunch pass
- Sit in teacher's chair
- Positive call home
- Tickets/points for a drawing
- "Great Job" postcard sent to parents/guardians
- Choose their seat for the day
- Listen to music
- Dance party
- Computer time
- Pajama day/crazy hair day
- Field trip
- Item from "treasure chest"

OLDER STUDENTS

- Let students come up with list of ideas
- Listen to music while at desk
- 5 minute chat break
- Reduced homework pass
- No homework pass
- Late homework pass
- Extra credit
- Puzzle books: Sudoku, crossword
- Computer time
- Eat lunch outside
- Class outside
- Tickets to receive large prize
- Donated gifts/coupons
- Extra time in favorite class
- Magazines
- Front of lunch line pass
- Can give pop quiz to class
- Early to lunch pass
- First to leave school pass
- Books
- Item from "treasure chest"
- Design a hallway or classroom bulletin board

REFERENCES USED

Alternatives to Using Food as a Reward – Michigan Team Nutrition (9/04); Constructive Classroom Rewards – www.cspinet.org; Non-Food Ways to Raise Funds and Reward a Job Well Done – Square Meals, Texas Department of Agriculture (2004); www.wvsmartfoods.com

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