

# Alternatives to Food Rewards



## 1. Students Learn what They Experience

Kids naturally enjoy eating healthy and being physically active. Schools need to provide them with an environment that supports these healthy behaviors

## 2. Disadvantages to Using Food as a Reward:

- ◇ Undermines nutrition education being taught in school environment
- ◇ Teaches kids to eat when not hungry as a reward to themselves

### Elementary School Students

- Extra recess
- Play favorite game
- Sit by friends
- Stickers
- Teach class
- Eat lunch with teacher
- Teacher reads special book to class
- Bank system (earn play money used for privileges)
- Teacher performs special skill ( cartwheel, guitar, singing, dancing, etc)
- Treasure box filled with non-food items
- Make deliveries to office
- Walk with principal or teacher



### Middle School Students

- Sit with friends
- Fun video
- Field trips
- Hold class outdoors
- Five-minute chat break at end of class
- Fun brainteaser activities
- Computer time
- Listen to music while sitting at desk
- Eat lunch or hold class outside
- Teacher performs special skill (cartwheel, guitar, singing, dancing)
- Enter drawing for donated prize
- Give teacher “homework” (from teacher’s pre-done list of options)
- Reduced homework or “no homework” pass



### High School Students

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| <ul style="list-style-type: none"> <li>• Coupons to video or music stores</li> <li>• Drawings for donated prizes</li> <li>• “Free Choice” time at end of class</li> <li>• Listen to music while sitting at desk (MP3 player allowed)</li> <li>• Extra physical activity during class (passing ball around, allow them to create their own game)</li> </ul> | <ul style="list-style-type: none"> <li>• Fun video</li> <li>• Reduced homework</li> <li>• Computer time</li> <li>• Donated movie coupons</li> <li>• Hold class outdoors</li> <li>• Extra credit</li> </ul> |
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