

ALTERNATIVES TO USING FOOD AS A REWARD

Kids are often offered candy, pizza, ice cream, or cake as a reward for “good” behavior. Even though using food as a reward can bring about short-term behavior change it has many disadvantages.

What are the **DISADVANTAGES?**

- It undermines nutrition education being taught in the school environment.
- It encourages overconsumption of foods high in added sugar and fat.
- It teaches kids to eat when they’re not hungry as a reward to themselves.
- It leads to obesity because the foods have little or no nutritional value.

Currently, obesity among kids is at epidemic levels and can often lead to serious health problems. It is important for schools to provide kids 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.

Try it **OUT!**

- Sit by friends
- Watch a video
- Play a computer game
- Take a trip to the treasure box (non-food items)
- Have extra recess, music, or art time
- Get stickers, pencils, and other school supplies
- Receive a movie theater coupon
- Enjoy class outdoors
- 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
- Eat lunch outdoors with the class
- Be a helper
- Eat lunch with a teacher
- Teach the class
- Dance to favorite music in the classroom
- Read outdoors

