

## WHY IS IT IMPORTANT TO USE NON-FOOD REWARDS?

Students are often offered snacks as a reward for good behavior or accomplishments. While doing this may be easy and effective, using food as a reward can:

Send the message to students that achievements should be celebrated by eating

Encourage students to eat when they're not hungry, a habit that could last a lifetime

Contradict healthy eating messages and practices being taught at home and school

It can also lead to weight gain - one study found that using food incentives or rewards that promote low-nutrition foods in a school is associated with a 10% increase in students' body mass indexes (BMI)!

## WHAT DOES THE DISTRICT'S WELLNESS POLICY SAY?

*SDP Policy 145: Student and Staff Wellness* states that "District schools will not use unhealthy foods or beverages as rewards for academic performance or good behavior."

If food is used as a reward, it must comply with the USDA's Smart Snacks in School nutrition standards. Use this Smart Snacks Product Calculator to find foods that comply:



[foodplanner.healthiergeneration.org/calculator](https://foodplanner.healthiergeneration.org/calculator)



## WHAT YOU CAN DO:

There are plenty of fun alternatives to food rewards! Flip over for a list of easy ideas you can use with students of all ages - either individually or for the whole classroom.

If you choose to use food rewards, try offering healthy class-wide rewards after a long-term group goal has been met instead of immediate food reinforcements. For example, you could give the class one letter at a time from the word "SMOOTHIE" as an immediate reward for good behavior, then hold a smoothie party when the word is spelled out!



# TAKE ACTION!

## INDIVIDUAL REWARDS

Student of the week	Pick a prize from the "treasure box"
Student recognition board	Make a delivery to the office
Certificate or ribbon	Be a classroom helper or line leader
Phone call, email, or letter to parents	Show and tell to the class
Free time for activity of choice	Walk or have lunch with the principal
Extra computer time	Earn points toward privileges or prizes
Shout-out in morning announcements	Sit in the teacher's chair
Homework pass or extra credit	Read morning announcements
Choose activity for class	Lead a movement break

## CLASS-WIDE REWARDS

Classroom recognition board	Free time at the end of class
Extra recess or PE time	Watch a movie
Game day	Earn points toward privileges or prizes
Listen to music while working	Dress-down day
Dance party	Have class outside

## WHAT EAT RIGHT PHILLY CAN DO:

The Eat Right Philly team can help every step of the way! We can offer more ideas and provide assistance in transitioning to non-food rewards.

## CONTACT US TODAY TO GET STARTED!

Reach out to your Eat Right Philly Educator or visit our website to find out which partner is working in your school and access their contact information.