

NON-FOOD REWARD IDEAS

There are many examples of non-food rewards that meet both kids' and the Alliance's approval. Here are a few of our favorites:



CHOOSE A PRIZE

Pencils or erasers
Stickers
Books
Entering a drawing or raffle for a bigger prize
Earning tokens or points toward a prize



GET MOVING

Lead a special physical activity break
Host a special event such as a dance or kite-flying party
Provide extra recess or PE time
Turn on the music and let students dance for a few minutes
Give students the opportunity to lead an activity



SHAKE UP YOUR ROUTINE

Let the student choose a special activity
Provide a few minutes of extra free time
Allow student to select a special book
Let student go first for an activity
Give a "no homework" pass
Host a special dress day where students can wear hats or pajamas



SHOW RECOGNITION

Give out certificates or ribbons
Post recognition signs around the school or on a prominent bulletin board
Give a shout-out in the morning announcements
Call or send a letter home to a parent

For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at stephanie.joyce@healthiergeneration.org.