

# HEALTHY REWARDS for STUDENTS !



## FUN FIT FOODS

Enhance student health...  
and academic performance!

### Entree

- Veggie or cheese thin crust pizza
- Sub Sandwiches

### Grains

- Mini bagel and reduced fat cream cheese
- Whole grain, high fiber, reduced sugar Granola Bars
- Trail Mix
- Fig Newtons
- Pretzels
- Whole Grain, Wheat Crackers
- Rice Cake Snacks
- Popcorn (light and fat free)
- Low sugar, high fiber cereal mixes
- Baked chips

### Fruits and Vegetables

- Fresh fruit
- Fresh vegetables
- Fruit cups in juice
- Un-sweetened applesauce
- Raisins and unsweetened dried fruit
- 100% fruit juice or fruit/vegetable juice

### Protein and Dairy

- Cheese
- Puddings (fat free and regular)
- Yogurt
- 1% or non-fat milk
- Smoothies made with milk and fruit



### Non-Recommended Party Fare

- REGULAR PIZZA or BURGERS
- COOKIES
- CUPCAKES
- CANDY
- ICE CREAM
- SODA
- FRIED CHIPS or FRENCH FRIES
- FRUIT DRINKS LESS THAN 100% JUICE

*No more than one of these items per party.*

### Consider Non-Food Rewards

#### Individual:

- Listen to music while working at desk
- Bookmarks, Pens, Pencils
- Stickers
- Coupons to video stores, movies, fitness centers
- Drawings for donated prizes

#### Class:

- Have class outside or another alternate location
- Walk around the track (with supervision)
- Listen to music
- Wii Party
- Sit with friends
- Organized sports party



*This list of healthful food and snack suggestions for class and group recognition was developed by the USD 232 Winning With Wellness team with valuable input from students and staff. Our goal is to improve student and staff health and support learning. **Always check with your student's teacher or building administrator for possible allergy issues.** We encourage emphasis on physical activity and social time during classroom celebrations!!*