

NON-FOOD REWARD IDEAS

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