



PLEASANT VALLEY SCHOOL DISTRICT



NON-FOOD REWARDS FOR STUDENTS

There are many non-food rewards that teachers can use to recognize students for their achievements or good behavior. Sometimes food rewards are offered in the classroom and these rewards have little or no nutritional value and can be detrimental to students' health. No specific Federal regulations exist on the use of food as a reward:

There are many disadvantages to using foods as a reward:

- It undermines nutrition education being taught in the school environment
- It encourages over consumption of food high in added sugar and fat
- It teaches kids to eat when they're not hungry as a reward to themselves

ZERO-COST ALTERNATIVES

- Sit by friends
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Play a computer game
- Read to a younger class
- Make deliveries to the office
- Listen to music while working
- Be a helper in the cafeteria
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch with a teacher or principal
- Student gets to sit in a special chair
- Dance to favorite music in the classroom

LOW-COST ALTERNATIVES

- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box (non-food items)
- Get stickers, pencils, and other school supplies
- Receive a video store or movie theatre coupon
- Get a set of flash cards printed from a computer
- Receive a mystery pack (notepad, folder, sports cards, etc)

Kids naturally enjoy eating healthy and being physically active. Schools need to provide them with an environment that supports healthy behaviors. Above are some alternatives for students to enjoy instead of being offered foods as a reward at school.