



# And the winner is...

Healthy Rewards for Children  
Parent Fact Sheet

## Recognizing accomplishments without compromising health & nutrition.

At home, school or community events, we offer kids rewards for their accomplishments and good behavior. A common reward is food. While food is an easy and inexpensive choice, many of the foods we offer have little or no nutritional value. This encourages children to overeat foods high in added sugar and fat. It also teaches children to eat when they're not hungry. Instead, provide non-food items. And don't forget that a smile or a few words of honest praise may be all it takes to recognize a job well done.

Here are some rewards that can be offered at school or at home...

### *Grant Special Privileges*

- ★ Helping the teacher
- ★ Being a helper in another classroom
- ★ Running errands to the office or another classroom
- ★ Reading morning announcements
- ★ Choosing a class activity
- ★ Playing a game or working a puzzle
- ★ Going first
- ★ Sitting by friends
- ★ Receiving extra credit
- ★ Taking care of the class animal
- ★ Teaching the class

### *Reward the Entire Class*

- ★ Dancing to favorite music
- ★ Taking class outdoors
- ★ Walking with the teacher before or after lunch

*continued on other side...*



# good health!

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...continued from other side

- ★ Eating lunch with the teacher or principal
- ★ Eating a "picnic" lunch outdoors
- ★ Taking a field trip
- ★ Allowing extra time at recess
- ★ Listening to music while working
- ★ Reading a special book aloud
- ★ Scheduling a special activity at the end of the day
- ★ Watching a video or DVD
- ★ Enjoying a few minutes of "free time" at the end of class
- ★ Scheduling extra PE, art or music time

### **Low-cost Rewards for Special Occasions\***

- ★ Gift certificates for music or bookstores or for the movies

- ★ Gift certificates to the school store
- ★ Tickets to a school or community sporting event
- ★ A drawing for donated prizes
- ★ Allowing students to select a paperback book, puzzle or game
- ★ Allowing students to select items from a "reward" drawer

### **For more information:**

Pennsylvania Department of Education  
Division of Food and Nutrition  
333 Market Street, 4th Floor  
Harrisburg, PA 17126-0333  
Phone: 1-800-331-0129

Web: [http://www.pde.state.pa.us/food\\_nutrition](http://www.pde.state.pa.us/food_nutrition)

*\*Work with your Parent-Teacher Organization or community partners to secure monetary and prize donations.*

### **At school or at home ~ here are some ideas for the well-stocked "Reward Drawer"**

#### **School supplies**

- ★ Pencils
- ★ Pencil sharpeners
- ★ Markers
- ★ Erasers
- ★ Bookmarks
- ★ Rulers
- ★ Stickers
- ★ Post-it® notes
- ★ Crayons
- ★ Stamps
- ★ Notebooks

#### **Action Items**

- ★ Jump ropes
- ★ Pedometers
- ★ Water bottles
- ★ Frisbees®
- ★ NERF® balls
- ★ Sports wrist- or headbands
- ★ Rubber balls
- ★ Hacky Sacks®

#### **Toys**

- ★ Yo-yos
- ★ Slinkys®
- ★ Jacks
- ★ Silly Putty®
- ★ Bubble fluid & wands
- ★ Stuffed animals
- ★ Marbles
- ★ Spinning tops
- ★ Finger puppets
- ★ Stress toys/balls

#### **Miscellaneous Items**

- ★ Shoe laces
- ★ Magnets
- ★ Crazy straws
- ★ Key chains
- ★ Magnifying glasses
- ★ Wristbands
- ★ Carabineers