

## **Healthy Classroom Rewards**

Rewards or 'treats' are often used to recognize children for success in the classroom and at home. It's quick and easy, BUT rewarding children with food, (healthy or unhealthy):

- Confuses children by contradicting classroom healthy eating lessons
- Discourages positive attitudes towards healthy eating habits
- Harms children's dental health
- Teaches children to eat even when they are not hungry
- Reinforces eating outside of meal or snack times
- Promotes a preference for sweet food over healthy plain foods (eg, plain milk, carrot sticks, unsweetened cereal)

The Ministry of Education's School Food and Beverage Policy recommends not using food or beverages as rewards or incentives. Why not try the suggestions below when at home or school?

- Non-food items (eg, stickers, pencils, bookmarks, balls, hackey sacks)
- Privileges (eg, being a helper, extra recess or playtime)
- Recognition (eg, certificates for special accomplishments or taking the time to say 'great job!')

Together we can make the healthy choice the easy choice!

Revised from Nutrition Tools for Schools® 2007  
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