



Healthy Choices Count!

# JUNE FEATURE

*Offer Awesome Rewards*

## STRATEGY 3

Prohibit the use of food as a reward!

### DID YOU KNOW?

Using food as a reward can teach kids to eat when they're not hungry, a habit that could last a lifetime. It also shows kids that achievements should be marked by eating and can undermine healthy nutrition practices being taught at home.



### CHOOSE FUN OVER FOOD

Swap out food rewards for fun memorable moments. Schools and early care sites can new ideas like:

- Free time at the end of class or end of the day
- Dance to music
- Read outdoors or have class outdoors
- Be a helper for an activity or lesson
- Read morning announcements
- Have lunch or breakfast in the classroom or outside

### REWARD WITH RECOGNITION

Most kids enjoy hearing their successes acknowledged in front of their peers. Don't underestimate the power of small, personalized efforts such as a phone call or email to a child's parents, a handwritten note commending the achievement or a certificate of recognition! School's can recognize students during morning announcements, at a school assembly, on a photo recognition board or on the school's website.

