



## Food Isn't the Only Way to Reward Students!

*Limiting the use of food as a reward sets a positive example and provides an environment that promotes healthy eating. Research has found that foods used as rewards increases a preference for those foods. Giving food as a reward teaches kids to eat even when they are not hungry. With a little creativity, we can reward students in healthier ways that also address other important goals!*

### For All Students

- Extra music and reading time
- *Time for music and dancing*
- Music while doing school work
- Chat break at the end of class
- Extra computer time
- Free time at the end of class
- Day for watching a movie
- Group activity
- Games
- Homework coupon
- Coupon for prizes and privileges
- Certificate/trophy/ribbon/plaque
- Gift certificate to local non-food merchants
- Free pass to sporting event or play
- Walk break from class
- Fun walk with the principal or teacher
- Guest presenter in class
- Field trip
- Eat lunch or read outdoors
- Paperback books

### Elementary Students

- Taking things to the school office
- Taking care of the class pet
- Eating with the teacher
- Prizes from a treasure box
- Pencil toppers
- Stickers
- Pencils
- Stars or smiley faces
- Extra recess
- Leading the class to lunch, recess, library or other adventure

### Middle School Students

- Sitting with friends
- Music concert at school
- Pencils
- Pep rally
- Magazine subscriptions
- T-shirt/hat/sunglasses
- Step counter

### High School Students

- Sitting with friends
- Music concert at school
- Pep rally
- Magazine subscription
- T-shirt/hat/sunglasses
- Prime parking spot
- Recognition with morning announcements

**Smart Choices** is a partnership of the Dakota County Public Health Department and nine school districts in Dakota County committed to making the healthy choice the easy choice.

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