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...
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 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

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

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At school or at home ~ here are some ideas for the well-stocked “Reward Drawer”

<table>
<thead>
<tr>
<th>School supplies</th>
<th>Action Items</th>
<th>Toys</th>
<th>Miscellaneous Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>★ Pencils</td>
<td>★ Jump ropes</td>
<td>★ Yo-yos</td>
<td>★ Shoe laces</td>
</tr>
<tr>
<td>★ Pencil sharpeners</td>
<td>★ Pedometers</td>
<td>★ Slinkys®</td>
<td>★ Magnets</td>
</tr>
<tr>
<td>★ Markers</td>
<td>★ Water bottles</td>
<td>★ Jacks</td>
<td>★ Crazy straws</td>
</tr>
<tr>
<td>★ Erasers</td>
<td>★ Frisbees®</td>
<td>★ Silly Putty®</td>
<td>★ Key chains</td>
</tr>
<tr>
<td>★ Bookmarks</td>
<td>★ NERF® balls</td>
<td>★ Bubble fluid &amp; wands</td>
<td>★ Magnifying glasses</td>
</tr>
<tr>
<td>★ Rulers</td>
<td>★ Sports wrist- or headbands</td>
<td>★ Stuffed animals</td>
<td>★ Wristbands</td>
</tr>
<tr>
<td>★ Stickers</td>
<td>★ Rubber balls</td>
<td>★ Marbles</td>
<td>★ Carabineers</td>
</tr>
<tr>
<td>★ Post-it® notes</td>
<td>★ Hacky Sacks®</td>
<td>★ Spinning tops</td>
<td>★ Finger puppets</td>
</tr>
<tr>
<td>★ Crayons</td>
<td></td>
<td>★ Stress toys/balls</td>
<td>★ Stress toys/balls</td>
</tr>
</tbody>
</table>