

# Alternate Treats & Rewards

Use of food as a reward for students is a common practice in many classrooms. While candy and other sweet snacks may be occasional treats, they can cause tooth decay and give mixed messages on healthy eating to students. Below is a list of healthy foods and alternatives you might choose to give to your students. You can also brainstorm ideas with your students so they are more interested in attaining the rewards.

## Elementary

- Treasure Trunk: Stickers, notebooks, pencils, erasers, hair accessories, toys, recycled items from home, or dollar store finds
- Extra recess or gym time
- Outside activities or games
- Choose what book to read at story time
- Read extra chapter at story time
- Show and tell
- Teachers' helper



## Junior & Senior High

- Listen to music in the classroom
- Chat break
- Extra reading time
- Extra credit
- Free passes to school events and games
- Coupons to video store, music store, movie theatre (donated)
- Contest for prizes among students who meet certain grade standards



## All Grades

- Field trips
- Sit by friends
- Computer time
- Bonus marks
- Have class outside
- Parties with nutritious foods
- Reduced or no homework
- Voucher for cafeteria or canteen
- Student can enter name into draw for prizes
- Lead class in physical activity
- Scholar Dollars: Create money for students to accumulate over the school year to buy items at the end of the year, such as CDs, DVDs, books, water bottles, etc.

