

# FOOD REWARDS **ADD UP**

$$\begin{array}{r}
 416 \\
 110 \\
 100 \\
 271 \\
 234 \\
 156 \\
 +600 \\
 \hline
 1,887
 \end{array}$$

Food rewards are well-intended and are meant to make kids feel special. However, those little treats throughout the day can really add up. A Let's Go! staff member shared what her daughter received in food rewards in just one day at school. Check it out—you'll be amazed!

### FOOD REWARD # 1

Sally arrives at school and has a student delegate meeting where kids are served donut holes and juice for participating.

**8 glazed donut holes = 416 calories (52 calories each)**

**8 ounces of orange juice = 110 calories**

### FOOD REWARD # 2

Later that morning, Sally correctly answers questions in social studies class and is rewarded with a large lollipop.

**Large lollipop = 100 calories**

### FOOD REWARD # 3

Sally's next class is science, where they are having a classroom pizza party to celebrate the kids' especially good behavior and well-done projects that month.

**1 slice of cheese pizza = 271 calories**

**1 slice of chocolate cake with icing = 234 calories**

### FOOD REWARD # 4

Later that day, Sally answers another question correctly, this time in math class. She is rewarded with a chocolate chip cookie.

**1 large chocolate chip cookie = 156 calories**

### FOOD REWARD # 5

Sally is selected as Student of the Month and is given an extra-large Hershey's chocolate bar with her certificate.

**1 extra-large chocolate bar = 600 calories**

Throughout the school day, Sally was rewarded with **1,887 calories** of food! That's just about the same amount of calories she needs in an entire day, and doesn't even include her three meals. Most of these treats were full of "empty calories" and offered little nutrition. The adults had good intentions in rewarding Sally's accomplishments, but no one knew that she had been rewarded all day long.

continued

## Wondering what you can do to reward good behavior without using food?

- Work with kids to learn what, besides food, makes them feel rewarded. Access to special equipment? Leading an activity? Choosing the music for the day? Provide these rewards instead of food.
- Use personal words of praise or public acknowledgments to reward kids.
- Use physical activity as a reward!
- Work with your Program Director to set a program policy that prohibits the use of food as a reward.
- Understand that occasional treats are okay, but they should be just that—occasional—and not rewards, but treats!



the true  
reward is  
**healthy  
kids!**