

STRATEGY 3: Prohibit the Use of Food as a Reward

how to implement

Rewarding kids with food, even healthy foods, encourages kids to eat when they may not be hungry and can lead to poor eating habits. Here are some ways to ensure food is never used as a reward and what you can do instead.

Bolded items mean there is a supporting handout in this section!

FOOD REWARD is a food used to encourage good behavior.

Instead of food rewards:

- Use **Non-Food Rewards**.
- Use **Physical Activity as a Reward**.

Learn about the harm of using food as a reward and non-food alternatives, and share this knowledge with families and staff using these handouts:

- **Food Rewards Add Up**
- **What the Experts Say about Food Rewards**
- **Non-Food Rewards at Home**

Set a policy that prohibits the use of food as a reward.

- Refer to the **Let's Go! Guide for Success** in Step 2

