

STRATEGY 3: Prohibit the Use of Food as a Reward

how to implement

Rewarding students 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 share this knowledge with other staff using these handouts:

- **Food Rewards Add Up**
- **What the Experts Say about Food Rewards**

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

- Refer to the **Guide for Success** packet in the 'Step 2' tab for help with this.

