



CREATING HEALTHY
SCHOOLS AND
COMMUNITIES

Wellness Wednesdays Virtual Training Series

Non-Food Rewards
and Healthy Celebrations

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Healthy nutrition environments that are good for ALL children.



Nutrition Environment Includes



Best Practices

Reduce food for classroom motivation, incentives, recognition and encouragement.

Switch to healthy celebration or non-food celebrations





Rewards

Perfect attendance

Good behavior

Test scores

Fundraising goals

Honor / Merit Roll

National Honor
Society

Completed task



Celebrations

Birthdays

Holidays

Dr. Seuss Day

100th Day of
school

Pi Day

Foods Used for Rewards and Celebrations

Pizza

Candy

Chips

Sugary drinks

Ice cream



Why?

Advantages of Using Food

Let's
brainstorm...



A top-down view of several bowls and a glass filled with various snacks. Clockwise from the top: a white bowl with Oreo cookies, a glass with white sticks, a blue and white patterned bowl with cheese sticks, a white bowl with round crackers, a white bowl with M&M's candies, a white bowl with pretzels, and a white bowl with star-shaped crackers. A semi-transparent white box with black text is centered over the image.

You are what you eat, so
don't be fast, cheap, easy
or fake!

Disadvantages of Using Food

Let's
brainstorm...



Ensure food rewards do not “compete” with healthy food choices at lunch.



Promote a consistent nutritional message



EAT this!



CELEBRATE and
FUNDRAISE with that!

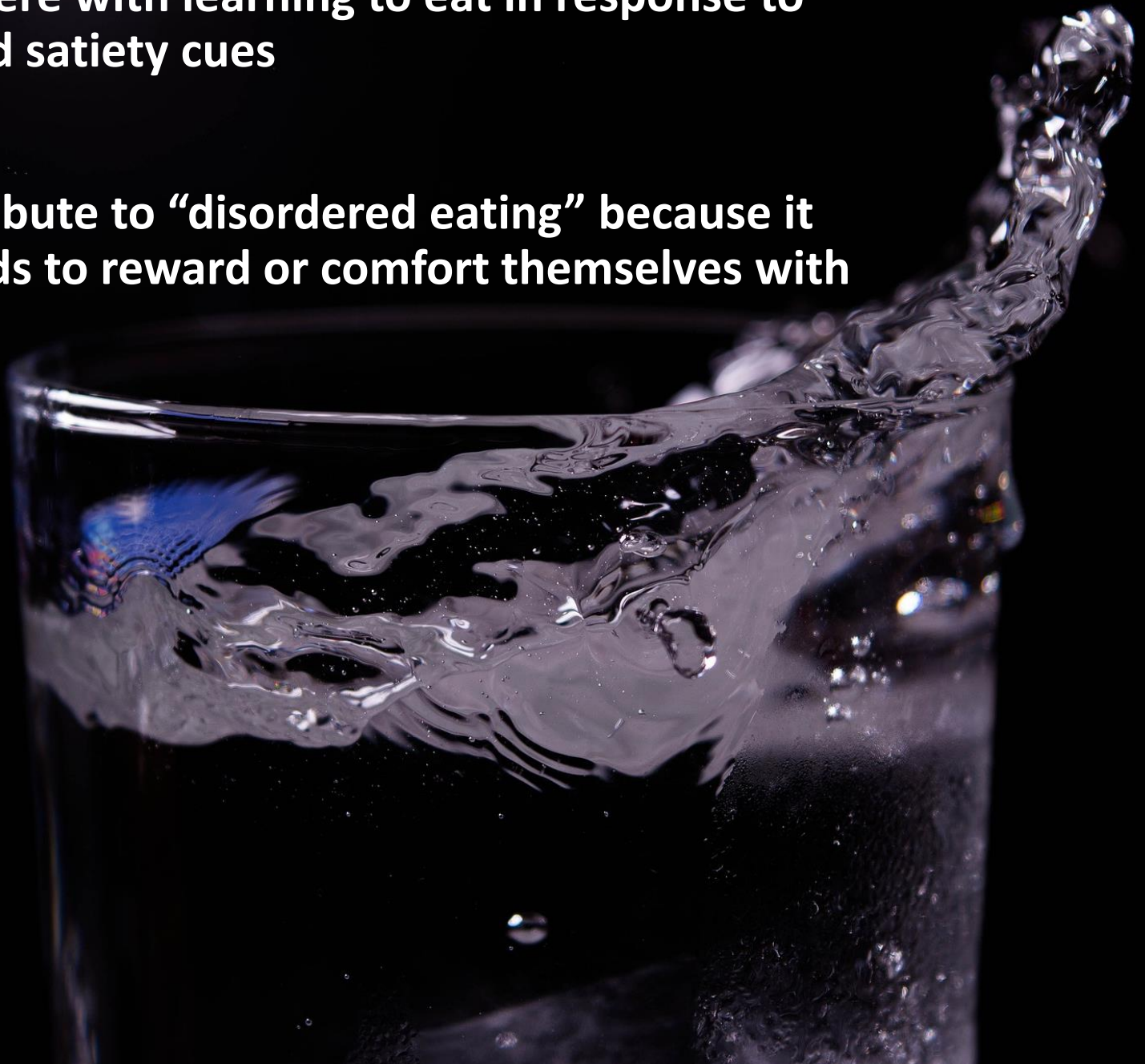
**Food rewards can
contribute to health
problems**

**Preferences for snack
foods increase when
presented as a
reward**



May interfere with learning to eat in response to hunger and satiety cues

May contribute to “disordered eating” because it teaches kids to reward or comfort themselves with food



May Promote Inequities

Family birthday celebrations (or lack of)

Allergies

Religious and cultural considerations

Socioeconomic status



Allergies



Religious and cultural considerations

Fasting during
Ramadan or Lent

Do not eat certain
foods: pork, meat,
dairy, gelatin

Socioeconomic status

Ability to buy and drive birthday treats to school



A glowing yellow sphere with a bright highlight at the top, set against a black background. The word "How" is written in a bold, black, sans-serif font across the center of the sphere.

How



Provide teachers alternatives to food incentives in the classroom

Increase Opportunities for physical activity



Alternatives to Food Rewards & Celebrations

Privileges

School supplies

No homework

Extra recess

Extra credit

Listen to music/Dance

Assemblies/Field trips

Class walk

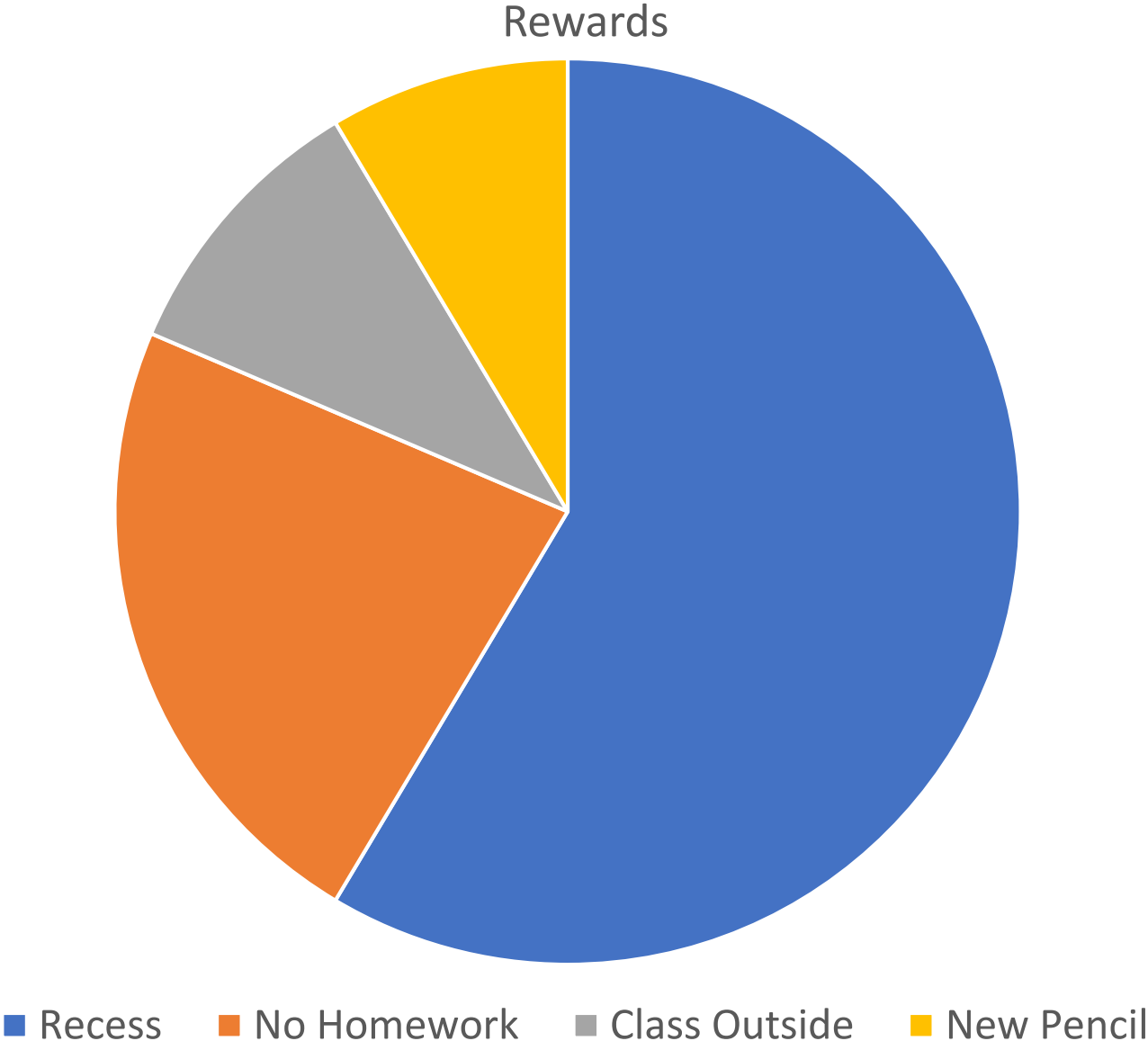
Movies

Drawings for prizes

Reduction in homework



Survey students



Classroom Celebrations

Why focus on fun activities rather than food?

More student interaction (SEL)

Increased physical activity

Increased creativity

No sugar crash

Less messy

HEALTHY HOLIDAYS

September

SET THE RIGHT TONE FOR THIS YEAR'S PARTIES.
KEEP IN MIND THESE HEALTHY PARTY TIPS:

1. Celebrate without food; shift the focus from food to fun.
2. Limit each party to include no more than one junk-food item.
3. Create a healthy snack list and have parents sign up to bring in an item from the list:
see, http://cspinet.org/new/pdf/school_snacks.pdf



October

HALLOWEEN

Kids will get plenty of candy trick-or-treating. Try to keep the focus on fun at school.

- Focus on the costumes! Have a parade or costume contest.
- Instead of candy, try small toys like: temporary tattoos, stickers, small plastic spiders or ghosts, spooky plastic rings or false teeth.
- Decorate pillowcases or bags for trick-or-treating.

Healthy Party Snacks:

- Apple Cider
- Apples with caramel or yogurt dip
- Pumpkin dip and graham crackers (see recipe below)
- Roasted pumpkin seeds
- Snack cups of canned peaches or mandarin oranges (canned in juice or light syrup)
- Oranges, cantaloupe, tangerines, mangos or dried peaches
- Carrots with low-fat ranch dressing
- Use Halloween cookie cutters to make sandwiches or fruit look frightfully delicious!



School Celebrations

Activity dice

Scarves

Ribbons

Stacking cups

Catch a Cup

Indoor Cornhole



Birthday Menu & Letter to Caregivers

Please return the birthday menu and your choice for your celebration within three days.
Thank you!

Happy Birthday to _____ . My birthday is on _____ .

I'd like to celebrate my birthday on (date): _____ .

For my special day, I am choosing: _____ .

My family will supply: _____ .

I need you to supply: _____ .

T H A N K

Y O U

