



# Alternative to Food as A Reward (Handouts)

Consider using alternatives to food as a reward for good behavior for children and students. The following resources share ideas and suggestions for ways to reward children without using food to help promote a healthy learning environment.

**Action for Healthy Kids | Healthy and Active Non-Food Rewards**

<https://www.actionforhealthykids.org/activity/healthy-active-non-food-rewards/>

**Alliance for a Healthier Generation | Non-Food Rewards**

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/non-food-rewards>

**Centers for Disease Control and Prevention Healthy Schools | Celebrations and Rewards**

[https://www.cdc.gov/healthyschools/nutrition/celebrations\\_rewards.htm#:~:text=Ideas%20for%20nonfood%20rewards%20include,from%20a%20teacher%20or%20principal](https://www.cdc.gov/healthyschools/nutrition/celebrations_rewards.htm#:~:text=Ideas%20for%20nonfood%20rewards%20include,from%20a%20teacher%20or%20principal)