

Healthy classroom rewards



Rewards or “treats” are often used to recognize children for success in the classroom and at home. It’s quick and easy but rewarding children with food, healthy or unhealthy:

- Confuses children by contradicting classroom healthy eating lessons
- Discourages positive attitudes towards healthy eating habits
- Harms children’s dental health
- Teaches children to eat even when they are not hungry
- Reinforces eating outside of meal or snack times
- Promotes a preference for sweet food over healthy plain foods

The Ministry of Education’s School Food and Beverage Policy recommends not using food or beverages as rewards or incentives. Instead, try the suggestions below when at home or school:

- Non-food items (e.g. stickers, pencils, bookmarks, balls, hacky sacks)
- Privileges (e.g. being a helper, extra recess or playtime)
- Recognition (e.g. certificates for special accomplishments or taking time to say “great job!”)

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

