

5210

Sweet ways to show your love without food!

FEATURE: February



Here's how you can put 5-2-1-0 into action this month:

STRATEGY 3
Prohibit the use of food as a reward.
 Rewarding kids with food, even healthy foods, encourages kids to eat outside of meal and snack times, when they may not be hungry, and can lead to poor eating habits.



Photo courtesy: Waterloo Community School District

February is Heart Month!
 Get hearts pumping with a game of "Cupid Says!" Complete exercises as called out by "Cupid" like jumping jacks or hopping on one foot! Take turns rewarding students with the opportunity to be "Cupid."

ACTIVE & NON-FOOD REWARDS FOR KIDS:

Rewards are commonplace year-round in schools and child care settings. Create a healthier environment by finding sweet ways to reward kids and show your appreciation for students— without the toothache!

Focus on **FUN** instead of **FOOD!** There are plenty of ways to [reward kids without using food](#) at all:

- **Reward with recognition!** Utilize certificates, a special note from a school leader, bulletin board or school assemblies to recognize students.
- **Reward with privileges!** Award students coupons that can be exchanged for special privileges, prizes or extra access to special classroom activities.
- **Reward with physical activity!** Reward students for a job well done on an assignment or good behavior with bonus recess time or a fun game.



75+ MORE IDEAS!

Check out these resources for more non-food and active reward ideas for kids of all ages:

- [Non-Food Rewards for Younger vs. Older Children](#)
- [Non-Food Rewards for Elementary, Middle and High School Students](#) (*Action for Healthy Kids*)



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