

5210 FEATURE MARCH

In this 5-2-1-0 Feature,
you will learn about:

- Non-food rewards
- Strategy #3
- Popcorn



FIND MORE 5-2-1-0 RESOURCES:
www.iowahealthieststate.com/5210

Focus on FUN instead of FOOD for rewards!

Rewarding kids with food, even healthy food, encourages kids to eat when they may not be hungry and can lead to poor eating habits.

There are many FUN ways to reward kids without food:

- Receive a trophy, ribbon or other small item
- Be “Super Kid of the Day” or “Star of the Day”
- Earn coupons for a special privilege or prize
- Receive a positive note from the teacher
- Be recognized in a newsletter or on a bulletin board
- Receive extra recess or reading time



5-2-1-0 Strategies For Success

STRATEGY #3: Prohibit the use of food as a reward.

- Does your site use food as a reward?
- Does your site use reward systems that support healthy behaviors (healthy eating, active living, and social emotional wellness)?

HEALTHY SNACK: POPCORN!

Popcorn is high in fiber
and a whole-grain food.

Find Food of the Month
posters, learning
activities and more:



#HealthyChoicesCount