



Ideas for Non-food Rewards

- Pens and pencils
- Stickers
- Erasers
- Football or baseball cards
- Have a game day and play board games
- Give a paperback book and book mark
- Special art supplies
- Watch short DVD
- Puzzles and brain teasers
- Bottled water
- Make a craft project
- Small bouncy ball or other toy
- Field trip
- Make arrangements for time in the computer lab
- Additional recess or gym activity
- A mention in the Insight
- Phone call to parents or grandparents
- Homework passes or homework free night for your subject
- Eat lunch with the kids in your classroom

Foods Suggestions for Healthy Celebrations

- Low-fat granola bars
- Pretzels
- Baked tortilla chips and salsa
- Apple wedges, orange wedges or fruit kabobs
- Carrots and Celery with low fat dip
- String cheese
- 100% fruit juice and water
- Frozen 100% fruit bars
- Unbuttered, air popped popcorn
- Raisins or other dried fruits (not fruit roll ups or fruit chew shapes)
- Yogurt
- Small bagels or muffins made with whole grain flour
- Animal crackers (unfrosted)
- Cheese cubes
- Pita wedges with hummus
- Flavored Rice Cakes
- Fruit Smoothies