



## Why should teachers use rewards other than food?

Nonfood rewards promote a healthier school environment by encouraging healthy eating habits. Food becomes a primary motivator in students' lives when they are given pop, candy and other sweets as a reward for good behavior and academic achievement. Because these foods have little nutritional value, using them as rewards contributes to poor eating habits.

### School personnel should not:

- Withhold food from a student as a consequence for inappropriate behavior or poor academic performance.
- Prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or poor academic performance.
- Cancel recess or other physical activity time for instructional make-up time.

### Where can I find more information about creating healthier South Dakota classrooms?

For more information, check out these Web sites:

- [www.doe.sd.gov/oess/cans/](http://www.doe.sd.gov/oess/cans/)
- [www.doe.sd.gov/oess/schoolhealth/](http://www.doe.sd.gov/oess/schoolhealth/)
- [www.doe.sd.gov/oess/cans/nutrition/](http://www.doe.sd.gov/oess/cans/nutrition/)
- [www.healthysd.gov/](http://www.healthysd.gov/)

### Contact Us:

Child and Adult Nutrition Services  
South Dakota Department of Education  
800 Governors Drive  
Pierre, SD 57501-2235  
Phone: (605) 773-3413  
Fax: (605) 773-6846  
[www.doe.sd.gov/oess/cans/](http://www.doe.sd.gov/oess/cans/)



## Nonfood reward ideas

### Elementary School

- Stickers or bookmarks
- Pencils, pens and markers
- Books
- Trinkets (magnets, frisbees, etc.)
- Activity/game sheets
- Game time
- Reading time
- Extra recess
- Extra art time
- Walk with the principal
- Fun physical activity break
- Dance to music
- Read a special book
- Field trip

### Middle School

- Sit with friends
- Listen to music while working
- Talk time at the end of class
- Reduced homework
- "No Homework" pass
- Fun video
- Assemblies
- Computer time
- Brainteasers
- Field trip
- Eat lunch or have class outside
- Stickers or bookmarks
- Books
- Coupons or gift certificates

### High School

- Sit with friends
- Listen to music while working
- Have class outside
- Talk time at the end of class
- Reduced homework
- "No Homework" pass
- Extra credit
- Assemblies
- Brainteasers
- Field trip
- Bookmarks
- Pencils and pens
- Books
- Drawing for donated prizes
- Coupons or gift certificates

