

FOOD REWARDS **ADD UP**

$$\begin{array}{r} 416 \\ 110 \\ 100 \\ 271 \\ 234 \\ 156 \\ +600 \\ \hline 1,887 \end{array}$$

Often times we think that “little treats” don’t add up; however, one of our own staff members here at *Let’s Go!* shared what their middle school-aged daughter ate in one day, just from food rewards. Check it out, you’ll be amazed!

FOOD REWARD # 1

Mary arrives at school and has a student delegate meeting where they serve donut holes and juice to the kids for participating.

8 glazed donut holes = 416 calories (52 calories each)

8 ounces of orange juice = 110 calories

FOOD REWARD # 2

Mary correctly answers questions in social studies class later that morning and is rewarded with a large lollipop.

Large lollipop = 100 calories

FOOD REWARD # 3

There is a classroom pizza party to celebrate the kids’ especially good behavior and well-done projects that month.

1 slice of cheese pizza = 271 calories

1 slice of chocolate cake with icing = 234 calories

FOOD REWARD # 4

Later that day, Mary answered another question correctly, this time in math class.

1 large chocolate chip cookie = 156 calories

FOOD REWARD # 5

Mary is selected as Student of the Month and is given an extra-large Hershey’s chocolate bar with her certificate.

1 extra-large chocolate bar = 600 calories

Throughout the day, Mary was rewarded with 1,887 calories of food! That’s just about the same amount of calories she needs in an entire day, and doesn’t even include her three meals. Most of these treats were full of “empty calories” and offered little nutrition. Everyone had good intentions to reward this student, but no one knew that she had been rewarded all day long.

Wondering what you can do to help prevent this?

- Work with students to learn what, besides food, makes them feel rewarded—an extra 15 minutes of free time? Leading a class activity? Listening to music? Then, provide these rewards instead of food.
- A personal word of praise or public acknowledgment is a great way to reward a student.
- Use physical activity as a reward!
- Work with your School Wellness Committee to set a district-wide policy that prohibits the use of food as a reward.
- Occasional treats are okay, but they should be just that—occasional—and not a reward but a treat!



the true
reward is
**healthy
kids!**

