

# NUTRITION BITS AND BITES

## Rethinking Rewards



### Did you know?

The type of rewards we use impact a child's overall health and well-being.

### Should Food be Used as a Reward?

- Using food rewards can be harmful for children.
- IF you use food as rewards, it can:
  - Make it hard for children to listen to their natural hunger cues.
  - Confuse the healthy eating messages that are being taught at home and school.
  - Increase a child's desire for sweets.
  - Increases risk of dental cavities.
- Non-food rewards are the best way to support a child's health, growth, and development!
- Want to start using non-food rewards? Check out the "Recipe for Change" on the next page with several reward ideas for you to use!

Using non-food rewards also protects children with food allergies. Read more about non-food rewards here:  
<https://foodallergy canada.ca/non-food-treats-10-food-free-ideas-kids-ages/>

## Recipe for Change: Using Non-Food Rewards



### Reward Ideas:

#### At Home:

- Dance Party
- Dress Up Day
- Pajama Day
- Stickers
- Face Painting or Temporary Tattoos
- Bookmarks
- Books
- Family game night
- Painting a mural for their bedroom or playroom
- Invite a few of your child's friends over for a sleepover
- Camp out in the backyard
- Go to a sports game
- Create a box of special toys or art supplies that are only used for rewards or special occasions



#### At Schools or Community Centers:

##### Early Years:

- Stickers
- Bookmarks
- Extra art time
- Fun coloured pens or pencils
- Get to sit by friends
- Eat lunch outdoors
- Dance to favourite music in class
- Extra recess time



##### Older Years:

- Get to listen to music while working
- Extra talk time at the end class
- Extra credit
- Have class/programs outside
- No Homework Pass
- Books

### Tips to Implement Ideas:

- Get input from your child. Ask how would they like to be rewarded and make a list together 😊
- Use words of encouragement! Kids love to hear "You did a great job!" or "I appreciate your help!"
- Choose prizes, toys, and games that promote physical activity!

Check Out **Appetite to Play** for More Ideas to Support Healthy Eating and Activity for Kids:  
<https://www.appetitetoplay.com/healthy-eating/tips-ideas/10-easy-non-food-rewards>

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

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