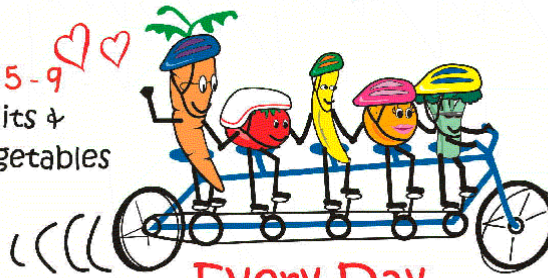




Have Fun and Be Healthy

Eat 5-9
Fruits &
Vegetables



Enjoy
Physical
Activity

Every Day

How do you say “job well done” or “keep up the good work”? As educators, we know that praise and small rewards go a long way to motivate students. We often hear teachers say “they’ll do it for a piece of candy”. Candy is often used as a reward because it is inexpensive and non-perishable. While one piece of licorice doesn’t amount to much, the chart below illustrates the significant amount of sugar a child can consume if one piece of candy a day is eaten for a week, a month, and a school year!

Sugar in Candy Rewards

	1/day	5 days/week	20 days/month	185 days/year
Crème Saver	1 tsp.	4 1/2 tsp.	1/3 c.	3 1/2 c.
Tootsie Roll (sm)	1 1/4 tsp.	6 1/4 tsp.	1/2 c.	5 c.
Red Licorice	2 tsp.	10 tsp.	3/4 c.	7 3/4 c.

Non-Food Reward Ideas

- ▶ Stickers/rubber stamp/star on paper
- ▶ Classroom jobs
- ▶ Extra P.E. or recess time (exercise!)
- ▶ A positive phone call home
- ▶ Helper for the day
- ▶ Video party
- ▶ Prize Box
- ▶ Leader of a game
- ▶ Points to earn bigger prize
- ▶ Smiles, hugs
- ▶ Tickets for drawing
- ▶ Computer, reading, free choice time
- ▶ Coupons:
 - Front of the line pass
 - Sit with a friend
 - Drink of water anytime
 - Lunch with teacher
 - Computer, reading, free choice time
 - Sit in teacher’s chair
 - Read to class
 - give spelling test to class
 - 5 minutes early to lunch
 - Homework pass

The *5 a Day—Power Play! Campaign* is funded by the Food Stamp Program of the U.S. Department of Agriculture, an equal opportunity provider and employer, through the Sierra Cascade Regional Nutrition Network for Healthy Active Families. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For more information about the Food Stamp Program, please call 1-800-952-5253. For more information on *5 a Day—Power Play!* please call 530.345.0633.