

NUTRITION BITS AND BITES

Change Up Food Rewards



To encourage trying new foods try this



My TRY NEW FOODS Chart		
Date	Food	Rating
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
★ Reward!		
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
★ Reward!		
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
_____	_____	👍 👎
★ Reward!		

COURTESY OF SALLY KUZEMCHAK

Should Food be Used as a Reward?

We all enjoy food and it is important for celebrations and culture. Breaking the link between food and good behaviour or punishment can help promote a positive relationship with food.

- Using food as a reward may:
 - Increase a child's desire for the reward food which is often sweets.
 - Interfere with children's innate hunger and fullness cues.
 - Kids expect food when they have been good or achieved an accomplishment
 - Increased risk of dental cavities.
- Try to keep food as food, neither a prize nor a punishment.
- Having fun with food is a good thing! Try non-food rewards to support a child's health, growth, development and relationship to food!

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

Fun with Food: Non-Food Reward Ideas

AT HOME AGES 4-10

- DANCE PARTY
- STICKERS
- FAMILY GAME NIGHT
- PAJAMA DAY
- CREATE A BOX OF SPECIAL TOYS OR ART SUPPLIES ONLY USE FOR REWARDS

AT HOME AGES 11-16

- GO TO A SPORTS GAME
- GIVE A NEW BOOK
- GIVE A NEW PIECE OF CLOTHING/JEWELRY
- PLAY A NEW GAME
- PAINT THEIR ROOM

AT SCHOOL AGES 4-10

- STICKERS
- BOOKMARKS
- EXTRA PLAY/ART TIME
- CLASS DANCE PARTY
- GET TO SIT BY FRIENDS

AT SCHOOL AGES 11-16

- LISTEN TO MUSIC WHILE WORKING
- NO HOMEWORK PASS
- EXTRA TIME TO TALK IN CLASS
- HAVE CLASS OUTSIDE
- GIVE A NEW BOOK FOR FUN

NON-FOOD REWARD IDEAS

How to Implement Ideas:

- Make a list together! Asking your child for input can help motivate them to change.
- Provide words of encouragement! Kids love hearing “I’m so proud of you” or “Thank you for your help!”
- Let them choose the game, sticker, book or activity they want in the moment!

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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