

Alternative nonfood rewards for students

Elementary School Students

- trips to treasure box filled with nonfood items
- bank system (earn play money to be used for privileges)
- make deliveries to the office
- eat lunch with the teacher
- help teach class
- play a favorite game
- sit by friends
- school supplies
- teacher reads a special book to class

Healthy Party Snack and Dessert Ideas

- 100% fruit frozen bars (ie:Welchs or Edys)
- Angel food cake with strawberries
- Animal crackers
- Ants on a log
- Applesauce, fruit cups or canned fruit packed in juice
- Bagels (serve with light cream cheese, peanut butter, apple butter, preserves)
- Baked tortillas and salsa
- Banana Bread
- Breakfast Bars
- Chex Mix (low fat) or mixed whole grain cereals w/raisins
- Dried Fruit
- Fig Cookies
- Fruit Crisp
- Fruit Kabobs
- Fruit Leathers without added sugar
- Fruit salad or sliced fruit
- Graham crackers
- Granola
- Granola bars
- Homemade fruit muffins
- Hummus served with veggies or pretzels
- String cheese (low fat)
- Oatmeal raisin cookies
- Peanut butter crackers (check for any students with nut allergies in classroom)
- Pizza
- Popcorn
- Pretzels
- Puddings (low fat)
- Raw veggies with a low fat dip
- Rice Cakes
- Soy nuts
- Squeezable yogurt tubes
- Sunflower seeds
- Tortilla roll ups
- Trail mix
- Whole wheat crackers with cheese