

Rewards- Should not include candy or soda. Nonfood incentives and/or at least 50% healthy food is encouraged.



Reward and Incentive Ideas

Ways to reward students

- Extra music and reading time
- Time for music and dancing
- Music while doing school work
- Chat break at the end of class
- Extra computer time
- Free time at the end of class
- Day for watching a movie
- Group activity
- Games
- Homework coupon
- Coupon for prizes and privileges
- Certificate/trophy/ribbon/plaque
- Gift certificate to local non-food merchants
- Free pass to sporting event or play
- Walk break from class
- Fun walk with the principal or teacher
- Guest presenter in class
- Field trip

Elementary students

- Taking things to the office
- Eating with the teacher
- Prizes from a treasure box
- Pencil toppers
- Stickers
- Pencils
- Stars or smiley faces
- Paperback books
- Extra recess
- Leading the class to lunch, recess, library or other adventure

Middle School Students

- Sitting with friends
- Music concert at school
- Pencils
- Paperback books
- Pep rally
- Magazine subscriptions
- T-shirt/hat/sunglasses
- Step counter

High School Students

- Sitting with friends
- Music concert at school
- Pep rally
- Paperback books
- Magazine subscription
- T-shirt/hat/sunglasses
- Prime parking spot
- Recognition with morning announcements



Celebrations and Parties- In keeping with the overall nutritional guidelines, parents and teachers are encouraged to limit soda and candy to no more than 50% of the foods offered at special holiday parties or activities. The other 50% of food items offered must be healthy.



Healthy Snack Ideas for School & Classroom Parties



Everyone Loves a Party!

Kingston K-14 School District is committed to helping students become fit, healthy and ready to learn. Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. School and classroom parties offer an excellent opportunity for our schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind. To this end, the District Health & Wellness Committee has put together a list of suggested party snacks. **(All snacks must be store bought and come wrapped)**

- ◆ Fresh Fruit and Vegetables
- ◆ Yogurt with fruit or granola or nut toppings
- ◆ Bagels with low fat cream cheese
- ◆ Baby carrots & other vegetables w/low fat dip
- ◆ Fig Cookies
- ◆ Animal Crackers
- ◆ Low-fat Popcorn
- ◆ Soft Pretzels with Mustard
- ◆ Apples with low-fat caramel or yogurt dip
- ◆ Fruit snack cups
- ◆ Trail Mix
- ◆ Muffins (regular size, not the super-size)
- ◆ Fresh Fruit kabobs or Fruit Salad
- ◆ Baked Chips
- ◆ Low-Fat Pudding
- ◆ Pizza (no extra cheese & no more than one meat)
- ◆ String Cheese
- ◆ Cereal Bar
- ◆ Single-serve low fat or fat free milk
- ◆ Single serve 100% fruit juice
- ◆ Bottled Water (including flavored water)
- ◆ Baked Tortilla chips & salsa
- ◆ Flavored Rice Cakes
- ◆ Chex Mix
- ◆ Snack size bags of pretzels or crackers
- ◆ Granola mix

Please check for student allergies before serving any of these suggested ideas.

Common food allergies are: nuts, seeds, dairy, & tomatoes



Perfect Party Ideas



Savor the flavor. At the party, serve no more than one sugary higher -fat item. Provide mostly healthier party snacks and non -food goodies. Only allow students to bring healthy snacks to share with the class

Keep them moving with the following activities: Simon Says, Duck Duck Goose, relay races, etc.

Keep them entertained. Shift children's focus away from candy to: making crafts for the holiday, playing games, acting out short plays or learning about the holiday's history.

Make good food look delicious! Use holiday themed cookie cutters to make sandwiches or fruit more interesting. Create fruit or veggie kabobs.

Websites and More Websites!

<http://www.perfectpartyideas.com/healthy-party-snack-ideas.html>

<http://familyfun.go.com/recipes/appetizers-snacks/healthy-snacks/>

<http://www.reasontoparty.com/schoolevents.htm>

<http://www.verybestbaking.com/Recipes.aspx> or <http://www.chiff.com/a/obesity-kids.htm>

For other websites, you can Google "healthy party snacks"

K-14

Updated: January 2012

Fundraisers and Intramural Activities/Concession Stands- Defined as school- sponsored or related groups or organizations having food sales during the school day, will provide at least 50% of food items served must be healthy

Healthy Fundraising

Promoting Healthy Fundraising in our Children's Schools

Healthy Fundraising Suggestions

Healthy Fundraising: Non-Food Fundraising Alternatives

Here is a link School-Fundraisers.com to offer some healthy / non-food fundraising programs.



Below are just a few ideas on non-food related fundraisers. This is just to get you started. There are hundreds of fundraising options that are fun, safe and profitable that doesn't involved food. Through brainstorming with teachers, parents and friends, coupled with online research, we are confident you can find a healthy fundraiser.

Healthy Fundraising Alternatives:

Brochure Fundraisers: Flower Bulbs, Candles, Magazine, Artwork, Cookbooks, School Spirit Apparel, Safety Kits, Jewelry, Calendars, School Supplies, and Holiday Decorations.

Charity Events: Carnivals, Walk-a-thons, Read-a-thons, Bike-a-thons, Auctions, Appreciation Dinners, Sporting Competitions, Celebrity Appearances, Lectures, Adult Dances, and Trivia Night.

Corporate Donations

K-14

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