



**WAKE COUNTY  
PUBLIC SCHOOL SYSTEM**

**Wellness Policy Resources**

**Section 5125.3 E  
Rewards**

<b>Food Items</b>	<b>Non-Food Items and/or Activities</b>
<b>Advantage Edge Bar</b>	<b>Going first</b>
<b>Austin Zoo Animal Crackers</b>	<b>Choosing a class activity</b>
<b>Baked Lays KC masterpiece BBQ Potato Chips</b>	<b>Helping the teacher</b>
<b>Baked Lays Original Potato Chips</b>	<b>Extra few minutes of recess</b>
<b>Baked Lays Sour Cream &amp; Onion Potato Chips</b>	<b>Sitting by friends</b>
<b>Baked Nacho Cheese Doritos</b>	<b>Sitting in a special seat</b>
<b>Barnum's Animal Crackers</b>	<b>Stencils</b>
<b>Shish Kabobs of Fruit</b>	<b>Play "Follow the Leader Aerobics"</b>
<b>Chex Mix (All flavors)</b>	<b>"No homework" pass</b>
<b>Pre-cut cubes of cheese</b>	<b>Teaching the class</b>
<b>Columbo Yogurt Cherry Vanilla Light Fat Free</b>	<b>Playing an educational computer or other game</b>
<b>Del Monte Canned Fruit</b>	<b>Pencils</b>
<b>Del Monte Lite Diced Peaches</b>	<b>Reading to a younger class</b>
<b>Del Monte Lite Mixed Fruit</b>	<b>Making deliveries to the office</b>
<b>Dole Fruit Bowl, Pineapple</b>	<b>Reading the school-wide morning announcements</b>
<b>Famous Amos Gingersnaps</b>	<b>Erasers</b>
<b>Fig Newtons</b>	<b>Helping in another classroom</b>
<b>General Mills Cheerios Cereal</b>	<b>Stickers</b>
<b>Keebler Animal Crackers</b>	<b>Stamps</b>
<b>Keebler Chocolate Graham Crackers</b>	<b>Listening with a headset to a book on tape or CD</b>
<b>Keebler Cinnamon Graham Crackers</b>	<b>Going to the library to select a book to read</b>

<b>Food Items (Continued)</b>	<b>Non Food Items and/or Activities (Continued)</b>
<b>Keebler Honey Graham Crackers</b>	<b>Working at the school store</b>
<b>Keebler Iced Animal Cookies</b>	<b>Taking a walk with the principal or teacher</b>
<b>Keebler Original Graham Crackers</b>	<b>A bouquet of balloons</b>
<b>Keebler Reduced Fat Wheatables</b>	<b>Designing a bulletin board</b>
<b>Kellogg's All Bran Cereal</b>	<b>Rulers</b>
<b>Kellogg's Corn Flakes</b>	<b>Writing or drawing on the blackboard/whiteboard</b>
<b>Kellogg's Low Fat Granola Cereal</b>	<b>Pencil Box</b>
<b>Kellogg's Mini Shredded Wheat Cereal, Frosted</b>	<b>Taking care of the class animal for a day</b>
<b>Kellogg's Puffed Wheat Cereal</b>	<b>Book</b>
<b>Kellogg's Raisin Bran Cereal</b>	<b>Treasure Box Item</b>
<b>Kellogg's Rice Krispy Cereal</b>	<b>Singing Fun Songs</b>
<b>Kellogg's Special K</b>	<b>Class Trophy</b>
<b>Lance Saltine Crackers</b>	<b>Eating lunch with a teacher or principal</b>
<b>Luna Bars (All flavors)</b>	<b>Ribbons</b>
<b>Nabisco Original Premium Saltine Crackers</b>	<b>Bookmarks</b>
<b>Nabisco Teddy Grahams (All flavors)</b>	<b>A "Happy Note" to go home</b>
<b>Nature Valley Granola Bars</b>	<b>Scavenger Hunt</b>
<b>Nature Valley Trail Mix Bars</b>	<b>A "Happy Phone Call" home</b>
<b>Nutri-Grain Bars (All flavors)</b>	<b>Stationery</b>
<b>Orville Redenbacher Smart Pop Popcorn</b>	<b>Walk and Talk with friends</b>
<b>Pop Secret 94% Fat Free Popcorn</b>	<b>Eating lunch outdoors</b>
<b>Power Bar (All flavors)</b>	<b>Going to the lunchroom first</b>
<b>Pretzels (All)</b>	<b>Reading outdoors</b>
<b>Pretzel Sticks (All)</b>	<b>Holding class outdoors</b>
<b>Pringles – Fat Free</b>	<b>Extra art, music, PE, or reading time</b>
<b>Quaker Chewy Bars (All flavors)</b>	<b>Dancing to music</b>
<b>Quaker Oatmeal Express</b>	<b>Board Games for everyone</b>

<b>Food Items (Continued)</b>	<b>Non-Food Items and/or Activities (Continued)</b>
<b>Raisins</b>	<b>Playing a game or doing a puzzle together</b>
<b>Rice Krispies Treats</b>	<b>A “Happy E-Mail” to the parent/guardian.</b>
<b>Ruffles WOW! Potato Chips (All)</b>	<b>“Free choice” time at the end of the day</b>
<b>Vegetable tray with dip</b>	<b>A song, dance or other performance</b>
<b>Teddy Graham Crackers (All)</b>	<b>Recognition during the morning announcements</b>
<b>Thomas English Muffin (Original)</b>	<b>A congratulatory note to the student from the teacher</b>
<b>Tostitos Baked Tortilla Chips</b>	<b>A book read aloud to the class by the teacher</b>
<b>Welch’s Grape Juice</b>	<b>Glitter</b>
<b>Welch’s Grapefruit Juice 100%</b>	<b>A field trip</b>
<b>Yoplait Yogurt (All flavors)</b>	<b>Highlighters or Markers</b>
<b>Nutty Banana Gourmet Muffin</b>	<b>Notepad or notebook</b>
<b>Blueberry Gourmet Muffin</b>	<b>Crazy Straws</b>
<b>Apple Cinnamon Gourmet Muffin</b>	<b>Colored pencils</b>
<b>Cranberry Gourmet Muffin</b>	<b>Collector cards</b>
<b>Bran Gourmet Muffin</b>	<b>Fingernail decals and stick-on earrings</b>
<b>Cherry Chip Gourmet Muffin</b>	<b>Flower and vegetable seed packets</b>
<b>Bottled Water</b>	<b>Children’s card games</b>
<b>Low Fat Chocolate Chip Gourmet Muffin</b>	<b>Pen Pals</b>
<b>Breadible – Apple Cinnamon</b>	<b>A plastic egg filled with stamps</b>
<b>Sugar Cookie (2 pack)</b>	<b>A game of jacks</b>
<b>Lemon Cookie (2 pack)</b>	<b>Arts and Crafts Project</b>
<b>Snickerdoodle Cookie (2 pack)</b>	<b>Colored plastic clips</b>
<b>Oatmeal Raisin Cookie (2 pack)</b>	<b>Pens</b>
<b>Chocolate Chip Cookie (2 pack)</b>	<b>A yo-yo</b>
<b>Keebler Fat Free Zesta</b>	<b>Door Prize Drawing</b>

<b>Food Items (Continued)</b>	<b>Non-Food Items and/or Activities (Continued)</b>
<b>J&amp;J Jungle Crackers</b>	<b>Small stuffed animals</b>
<b>Austin Zoo Animal Cookie</b>	<b>Coins</b>
<b>Animal Cookies (All flavors)</b>	<b>Small notepads</b>
<b>Carnival Crunch</b>	<b>Small stuffed animals</b>
<b>Goldfish Crackers (Any Flavor)</b>	<b>Watch an educational movie</b>
<b>Goldfish Grahams (Any flavor)</b>	<b>Be the line leader or caboose</b>
<b>Fudge Brownie Cookie (2 pack)</b>	<b>Listening to music</b>
<b>Fruit &amp; Grain Bar (All flavors)</b>	<b>Socks</b>

- 1) Information provided by: Action for Healthy Kids ([www.actionforhealthykids.com](http://www.actionforhealthykids.com))
- 2) U.S. Department of Agriculture (USDA). *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*. Alexandria, VA: USDA, 1988.
- 3) Some examples adapted from “Alternatives to Using Food as a Reward,” Michigan Team Nutrition (a partnership between the Michigan Department of Education and Michigan State University Extension), 2004.  
<http://www.tn.fcs.msue.msu.edu/foodrewards.pdf>
- 4) Center for Science in the Public Interest [www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/)
- 5) Iowa State University Extension, Web Site: <http://www.extension.iastate.edu/food>