



Non-Food Ideas

Non-Food Reward Ideas

At school, home, and throughout the community, kids are offered food, beverages, and candy as rewards for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports these healthy behaviors. Listed below are some alternatives for children to enjoy instead of being offered food as a reward at school and home.

Zero-Cost Alternatives

- Sit by a friend at school or on the bus
- Watch a video
- Read outdoors
- Teach the class
- Have extra arts and crafts time
- Enjoy class outdoors
- Have an extra recess
- Get a pat on the back
- Play a computer game
- Read to a younger class or sibling
- Be “Student of the Day”
- Dance to favorite music
- Get extra computer time
- Get a “No Homework” pass
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Read a favorite book to the class

- Eat lunch outdoors with the class
- Be a helper in another classroom
- Take home the classroom mascot
- Have a teacher perform, i.e., sing
- Walk with a teacher during lunch
- Eat lunch with the teacher or principal
- Get “free choice” time at the end of the day
- Listen with a headset to a book on audiotape

Low-Cost Alternatives

- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box (non-food items)
- Get stickers, pencils and other school supplies
- Receive a video store or movie theater coupon
- Get a set of flash cards printed from the computer
- Receive a “mystery pack” (notebook, folder, sports cards, etc.)
- New exercise equipment (bands, balls, shoes)

Non-Food Fund-Raising Ideas

School Spirit Fundraisers

- Magnets
- Spirit/Seasonal Flags
- Stadium pillows or cushions
- Yearbook covers
- Yearbook space/monograms
- Book covers
- T-shirts & sweatshirts
- Pocket calendars
- Scarves, gloves, knit hats
- School Frisbee
- Mugs
- License plate frames w/ logo
- Megaphones
- Ball caps
- Wrist bands
- Picture frames
- Plastic cups or water bottles

Entertaining Fundraisers

- Temporary tattoos
- Milk mustache photos
- Valentine’s Day flowers
- School art drawings
- Flowers and bulbs
- Balloon bouquets
- Food bouquets
- Talent shows
- Singing telegrams
- Festivals
- Magic show
- School dances
- Jog-a-thons/Walk-a-thons
- Food coupons
- Arcade passes or tokens
- Plant seeds
- Bowling nights

Material Fundraisers

- Cookbook of healthy snacks
- Bath accessories
- Books and calendars
- Candles
- First aid kits
- Gift baskets (coffee/tea/fruit)
- Gift wrap, boxes and bags
- Greeting cards/stationery
- Holiday ornaments
- House decorations
- Jewelry
- Plants
- Picture frames
- Baskets
- Car accessories
- Coupon booklets
- Movie tickets



Family Activity Ideas



Fit & Fun Ideas for Families

Baby through Pre-School

- Push your child in a stroller faster than usual
- Turn on the music and dance with your child
- Get a bicycle carrier and helmet and go for a ride
- Take your child in a carry pack for a hike
- Exercise with your child in the swimming pool
- Enroll in a Baby/Parent Fitness Class (Yoga, Baby Boot Camp, etc.)
- Go mall walking during off-peak hours
- Find out what events are happening in your area and check them out on foot!

Older Children

- Go for family walks or bike rides
- Shoot hoops
- Play catch
- Try roller blading
- Try an new park in your area—HIKE!
- Sign up for a run/walk promoting health
- Plan active vacations
- Plan a garden
- Check out the library for books on family fitness and activities for kids
- Create a reward system and track the family's progress towards their goal (plot a map of the U.S. of how far the family has hiked, walked, or biked together)
- Limit television and computer time to 2 hours per day
- Designate one or two days a month as No-TV days
- Take a picnic
- Take the family bowling, golfing, swimming, etc.
- Focus on fun. You can do a lot of walking during trips to the zoo, park, or miniature-golf course.
- Include children in household activities like dog-walking, car-washing, or lawn-mowing.
- Offer your children active alternatives to TV and computer, like joining a local recreation center or after-school program, or taking lessons in a sport or art they enjoy.
- Take the TV out of your child's bedroom.
- If you do watch TV, stretch, do yoga, or even lift weights at the same time.
- Have a contest with your children. Who can do the most push-ups or jumping jacks during a commercial break?
- Pop in your favorite aerobics exercise tape or DVD to get your heart pumping!
- Bike to the library together.
- Celebrate a birthday or anniversary with something active—a hike, a volleyball game, a Frisbee™ match.
- Play outside for 20 minutes every day.
- Pick up the pace when walking.
- Take the stairs instead of the elevator or escalator at malls. Jog up the stairs rather than walk.



Tips for Parents

60:PLAY
every day. any way.

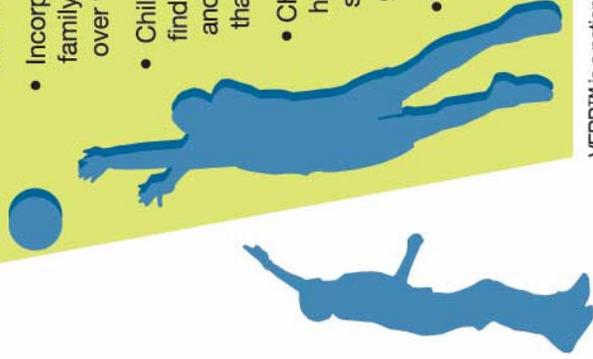
You can increase physical activity in your children's day by making it fun and participating in activities with your kids. Supporting them to lead an active lifestyle now with at least 60 minutes of physical activity daily helps them grow up to become active, healthy adults. Here are a few tips for promoting active play and reaching that 60-minutes-a-day goal:

At School

- Coach or chaperone a physical activity outside of school.
- Team up with other parents near your home to form "walking school buses" and take turns walking kids to the bus stop or all the way to school.
- Participate in "Walk to School" Day: www.walktoschool.org

At Home

- When your children say they are bored, jump start their bodies and imaginations by challenging them to combine elements of two games or sports to create a brand new activity.
- Incorporate physical activities into birthday parties, family gatherings, and when your kids' friends come over to play.
- Children should be active after school. All children can find physical activities they like to do; offer them choices and let them discover their own interests, but make sure that active play is part of their day outside of school.
- Choose activity-oriented gifts such as a jump rope, hiking shoes, or fitness club membership. Used sporting goods a stores offer some great treasures for gear at lower prices.
- Turn on music to get bodies moving while indoors and even to liven up household chores.



On Outings or Trips

- Instead of touring in an automobile, explore different sights on foot or on a bike.
- Plan family outings and vacations that involve walking, swimming, bicycling, or paddling.

In the Community

- Learn which sports and activities your kids enjoy doing and locate lessons or clubs for them. Some children thrive on team sports; others like individual activities or being active with friends in a noncompetitive way.
- Take advantage of your city's recreational opportunities – from soccer leagues to "fun runs" to walking tours.
- Involve your children in jobs or community service activities that they enjoy and that get them moving, such as planting in the local park or helping neighbors with cleaning, dog walking, or yard work.
- Find outdoor activities through nature groups or hiking clubs, and take your family on an outing.

60 Minutes is the Goal

Only 32% of children in the United States attend physical education classes daily, so kids need your support and encouragement to be active – especially outside of school – for 60 minutes a day.

The lack of physical activity among children contributes to health problems. Healthy habits must begin early in life – with your help.

VERB™ is a national campaign of the Department of Health and Human Services' Centers for Disease Control and Prevention (CDC) to increase physical activity among children aged 9-13 years. For more information, visit www.VERBparents.com To download additional copies of this tip sheet visit www.cdc.gov/VERB and click on "Materials."

Included are several tips from the American Heart Association's *Tips for Raising Heart-Healthy, Active Children*.



Family Activity Ideas



Create and Obstacle Course

Materials

Be imaginative and use whatever safe materials are available around the home to create your own obstacle course!

- 2 or 3 hula hoops or inflatable swimming tubes
- 2 or more pieces of corrugated cardboard
- 2 empty 1-gallon plastic milk or water jugs
- 1 tennis or other small ball
- 10 to 12 feet of rope
- 6 to 8 washcloths or dish towels
- 1 broom

The only obstacles to becoming fit are the fun ones you use here! Before starting this activity, make sure all furniture is moved out of the way and do the obstacle course on a soft surface (grass or carpet). Put hula hoops or swimming tubes into staggered rows on the ground so you can run through them (putting one foot in each hole). Add a rope outstretched on the ground to hop over in a zigzag fashion. Take the cardboard and fold each piece in half for low hurdles. Place the washcloths on the ground in a hopscotch pattern to jump on. The last station is a goalie shot. Set up the two milk containers as goalposts (two feet apart) and place the broom and ball 10 feet away. Now you are ready to go through the course! The participants can rearrange the pattern each time to make the course more interesting and challenging. This course trains speed and agility.

No More TV Couch Potatoes

Here is a way to get your family moving at every commercial. Instead of heading for the kitchen—why not exercise at each commercial? Try this contest over a period of time to create a good habit. At every commercial break get the group doing push-ups, sit-ups, jumping jacks, hops, or whatever gets their hearts beating faster. Try dancing to the commercial's jingle! Usually you will have two to three minutes to do this. A leader can be chosen for each "set" of you can have a contest to see who remembers to start first as soon as the commercials begin. This may help keep junk-food consumption down and also be an introduction to fun group exercise.

"My Very Own" Workout Music Tapes

Materials

- Cassette tape player
- Watch with second hand or metronome
- Blank cassette tape
- Upbeat recorded songs

Do your kids like to dance and move to music? Make a tape of their favorite tunes. Start by listening to all the music that really makes you want to get up and boogie. Then eliminate any song whose beat is too slow or too fast. A professional aerobics tape is 125 to 132 beats per minute. Play each song and count how many beats you hear in the first minute using a watch with a second hand or a metronome. Record one song after another. You should make a tape that is approximately 20 to 30 minutes long. A real aerobics tape will start and end with a slower song. This is for the "warm-up" and "cool-down" segments. Then, play the tape and move with your kids. Older kids will surely give you a thumbs-up or thumbs-down on your musical taste!



Family Activity Ideas



Fit & Fun Ideas for Families

Stomp Dance

Materials

- Metal trash cans
- Metal trash-can lids
- Push brooms, mops, broom handles
- Pots, pans, wooden spoons

“Stomp” is an expressive and loud dance style that originated in Africa. Performing it is a good way to burn off some extra energy. Due to its disruptive noise, though, it may not be suitable for your neighborhood, so use your judgment. Based on a Broadway production, “stomping” uses simple objectives to create rhythms and patterns. Have the kids create expressive sounds and movements from banging trash-can lids together, pounding on upside-down metal trash cans, or thumping broomstick ends onto the ground. They can add leaping, hopping, and spinning moves. There is no right or wrong way to do this form of freestyle “dancing”.

“Body by Jake, Emily, James, Brittany...”

Materials

- Mat
- Ruler
- Pencil and paper
- Clipboard (optional)
- Whistle

Let your child be YOUR personal trainer. Your “in-house” personal trainer will tell you which exercises to do. Encourage her to share the exercises that she does in her gym class. Push-up, sit-ups, arm circles, and windmills may be some of the standard exercises. Let your child tell you how many of each exercise YOU should do and how many SHE should do. She counts for you, and you count for her. Use a ruler and a pencil to make a chart listing the different exercises. You may want to clip it to a clipboard for easy carrying. Try to improve the count over time.

Plyometrics—What’s That?

Materials

Start your training by placing a rope stretched out on the floor. Begin at one end and do zigzag jumps as

- Long rope (10 to 15 feet)
- 2 cinder blocks, tree stumps, or heavy chairs

quickly and as powerfully as you can, hopping back and forth over the rope with feet together. This takes a bit of coordination! If you are really good at this, try the super-plyometric exercise! Take two heavy chairs, cinder blocks, or tree trunks. Wrap the rope around the chair legs, cinder blocks, or tree trunks so that the rope is tightly secured and stretched out taut. You should start with a low rope height and perfect your plyometric zigzag jumping before you make it higher.

NOTE: Children under 12 should not jump down repeatedly from any height greater than 18 inches. This is because their bones are not fully developed, and they are at higher risk for growth plate injury.





Family Snack Ideas

Ants on a Log

Serves: 2

Preparation time: 5 minutes

Ingredients

- 2 celery sticks
- Peanut butter
- Raisins

Utensils

- Knife (ask your parents for help)

Directions

1. Wash the celery and cut it into pieces (each piece should be about 5 inches long).
2. Spread the peanut butter in the center of the celery, from one end to the other.
3. Press raisins gently into the peanut butter.
4. Enjoy your Ants on a Log!

Awesome Applesauce

Serves: 2

Preparation time: 10 minutes

Ingredients

- 2 small red apples
- 2 tablespoons lemon juice
- 2 teaspoons sugar
- 2 pinches of cinnamon

Utensils

- Knife (ask your parents for help)
- Blender or food processor
- Measuring spoons
- Serving bowls

Directions

1. Peel the apples and cut them into small pieces. Throw out the core.
2. Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth.
3. Pour the mixture into two small bowls and stir in the sugar and cinnamon.
4. Enjoy your Awesome Applesauce!

Incredible Edible Veggie Bowls

Serves: 1

Preparation time: 10-15 minutes

Ingredients

- 1 green, yellow, or red pepper, washed
- 1 celery, washed
- 1 carrot, washed and peeled
- Your favorite salad dressing

Utensils

- Knife (ask your parents for help)
- Cutting board

Directions

1. Cut the pepper in half. Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
2. Cut the other half of the pepper into skinny strips.
3. Cut the carrot into skinny sticks about 4 inches long.
4. Cut the celery into skinny sticks about 4 inches long.
5. Put a little salad dressing in the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
7. Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!





Family Snack Ideas

Crunchy Munchy Granola

Serves: 2

Preparation time: 20 minutes

Cooking time: 25 minutes

Ingredients

- 2 cups oatmeal
- ½ cup peanuts
- ½ cup wheat germ
- ¼ cup honey
- ¼ cup vegetable oil
- 1 tsp vanilla extract
- ½ cup raisins
- ½ cup carob chips

Utensils

- Oven (ask your parents for help)
- Large bowl
- Small bowl
- Mixing spoon
- Baking sheet, oiled
- Measuring cups and spoons

Directions:

1. Preheat oven to 325°F.
2. In a large bowl, use a spoon to mix the oatmeal, peanuts, and wheat germ.
3. In a small bowl, mix the honey, oil, and vanilla.
4. Work the honey, oil, and vanilla mixture into the first mixture that's in the large bowl. Use your hands to make sure it's all mushed together really well, or you can use a mixing spoon if you like.
5. Spread the mix onto the oiled baking sheet. Bake for 15 minutes, and then remove the baking sheet from the oven.
6. Use the mixing spoon to stir the mix around a little on the baking sheet, and then add the raisins and carob chips.
7. Put the baking sheet back in the oven, and bake for another 10 minutes.
8. Remove the granola from oven and allow cooling before tasting!

Nachos

Serves: 6-8

Preparation time: 10 minutes

Cooking time: 5 minutes

Directions

Ingredients

- 1 large bag or tortilla chips
- 1 jar of salsa
- 1 bag of shredded cheese

Utensils

- Oven (ask your parents for help)
- Baking sheet lined with aluminum foil
- Spoon

1. Preheat oven to 400°F.
2. Spread tortilla chips on baking sheet.
3. Using a spoon, spread salsa over tortilla chips.
4. Sprinkle cheese on top of tortilla chips.
5. Bake for 5 minutes. Remove from oven, let cool, and then dig in!





Packing Powerful Lunches

Packing a school lunch can be a troublesome morning chore for both parent and child. A parent never knows if the food they pack will be traded for something else or thrown in the garbage. A child never knows what is packed and dreads the feeling of a bad lunch. But, the power lunch can help teens get through the rest of their tough day! Follow the tips below to pack your lunch with power!

Plans, Plans, Plans

The first step in preparing a power lunch is to ask the teen what he/she wants. Studies show that kids eat healthier if they have a say in what they are eating.

If it is ease you want, try to make a power lunch calendar, similar to the school lunch menu at school. You and your teen can sit together and plan lunches for everyday of the month. This will save you a lot of time in the morning as you panic wondering what to pack.

What to Drink?

When it comes to beverages for a teen, nothing beats the power of milk! It doesn't matter if it is white, chocolate, strawberry, or banana, "Milk does a body good!" Grab a milk carton at lunch instead of going for all the unwanted calories in a soda. Look at the food label on a can of soda; do you see any vitamins or minerals? Compare that to milk!

Power Lunch Ideas

- Bagels, rolls, pita pockets, English muffins, raisins or multigrain bread are healthy bases for a nutritious lunch. You can vary the type of bread you use each day to make it interesting and appealing. Cut the bread into a fun shape with cookie cutters, such as a star or a triangle, for a change of pace.
- Pasta salad is another option. Use fun-shaped and colored pasta, such as small shells, wagon wheels, or ABC's.
- Chicken, tuna, or egg salad is packed with protein. Serve it in a pita with cheese or a small cup with crackers (go a little light with the mayo and add a little mustard to spice it up!)
- Luncheon meats, such as lean cuts of ham, roast beef, or turkey are favorites with kids. Have the deli give you thick slices instead of thin ones, and then cut them into animal images with a cookie cutter. You and your teen can experiment with making these deli animals the night before.
- Make old standbys with a new twist. A plain peanut butter and jelly sandwich will excite kids when it's jazzed up with raisins and granola.
- Create food of different colors. Send homemade bread made with blue food coloring or bright pink celery! Your child will love the changes!
- Raw veggies can be appealing when served in the right way. Serve celery sticks cut into small pieces and filled with peanut butter. Try making a crunchy caterpillar by alternating carrot and zucchini rounds of a toothpick. A radish can be used as the head and round cereal can be used for the eyes (a dab of cream cheese can be used for the "glue" to hold it together). You can also use "filler" veggies—lettuce, onions, tomatoes, and peppers—in sandwiches to help your kids get the necessary amount of veggie servings every day.
- Create your own lunchable! Take your thick slices of deli meat and cut them into small circles using a cookie cutter. Do the same with slices of cheese. Add crackers to the bag and a piece of fruit. You've got yourself a meal!
- Let your teen pack lunch on occasion. It helps them to care for themselves and, the obvious, it take the burden off of you!
- Love goes a long way in making lunch yummy. Hide a special note or card in your teen's lunch box, telling him/her how much you love them. It's great for building self-esteem and will help to develop a stronger relationship between the two of you!

