

Ideas for Non-Food Treats

The Centers for Disease Control & Prevention's (CDC) [“Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs”](#) recommend avoiding the use of known allergens in classroom activities, such as arts and crafts, counting, science projects, parties, holidays and celebrations, or cooking. The guidelines advise using nonfood items for rewards or incentives to help create and maintain a healthy, safe, and inclusive environment for students.

Here are some ideas for nonfood rewards or treats:

Low Cost Non-food Treats/Rewards

- Glow sticks, glow bracelets or necklaces
- Friendship bracelets or silly rings
- Pencils, pens, crayons or markers
- Bubbles
- Erasers or pencil toppers
- Mini Slinkies
- Whistles, kazoos, or noisemakers
- Bouncy balls
- Finger puppets or novelty toys
- Mini notepads
- Activity or coloring books
- Playing cards
- Bookmarks or books
- Stickers
- Stencils
- Jump rope
- Yo-yo
- Marbles or jacks
- Hair accessories or sunglasses
- Jigsaw puzzle
- Crazy straw
- Trophy, medal, certificate or note of recognition
- Praise on school announcements or positive call home to parents

No Cost Treats/Rewards

Children can help their teachers develop rewards for good behavior or activities to celebrate special occasions. Here are some ideas for zero cost classroom rewards:

- Special privileges or “no homework” pass
- Extra recess, free time or computer time
- Sit with friend or extra social time
- Watch a video, listen to music or play a game
- Teacher challenge (wear a silly outfit or wig, etc.)

For more ideas, visit:

- http://michigan.gov/documents/mde/foodrewards_290201_7.pdf
- <http://www.interventioncentral.org/behavioral-interventions/rewards/jackpot-ideas-classroom-rewards>