Help your child's classroom move away from using food as rewards. Non-food gift bags can be given for birthday celebrations or everyday recognition. These can include:
- Pencils
- Pens
- Crayons
- Markers
- Erasers
- Coupons
- Key chains
- Shoelaces
- Bracelets
- Rings
- Necklaces
- Notepads
- Coloring books
- Sticker tattoos
- Crazy straws
- Sidewalk chalk

Re-think classroom birthday parties and celebrations by taking the focus off of food, while incorporating more physical activity into the school day. Instead of sending your child with cupcakes or sweet treats to share with classmates, you can:

1. Have your child wear something special
2. Have your child pick a game to play at gym or recess
3. Have a classroom dance party
4. Ask the teacher for extra recess time on your child’s birthday
5. Send a favorite book to school with your child and have the teacher or a special person read it aloud to the class.
6. Ask the teacher if your child can have a special role on their birthday (e.g., Line Leader, Teacher’s Assistant)

For more healthy classroom tips, visit spps.org/wellness
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TEN treat-free ways to celebrate birthdays at school:

1. Have a 10 minute classroom dance party
2. Send a favorite book to school with your child and have the teacher or a special person read it aloud to the class
3. Have your child wear something special
4. Ask the teacher for extra recess time on your child’s birthday
5. Eat lunch with your child
6. Organize a special classroom craft
7. Ask the teacher if your child can have a special role on their birthday (e.g., Line Leader, Teacher’s Assistant)
8. Create a special birthday box that children can use to exchange birthday wishes
9. Have child bring in a picture collage or video about themselves to share with class
10. Ask the teacher to schedule time to play with a fun item that doesn’t get used every day or is saved for special occasions (e.g., parachute)

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TEN suggestions for memorable, classroom celebrations without food:

1. Have extra recess time outside
2. Have a classroom dance party
3. Create a special class art project
4. Have a theme day (e.g., Pajama Day, dress like favorite character in a book day)
5. Schedule time to play with a special fun item that only gets used for special days (e.g., parachute, scooters)
6. Go on a class scavenger hunt
7. Do a class talent show
8. Have extra choice time
9. Take a special field trip
10. Listen to music while working

Reward students on their achievements in a healthier way!

Food-based rewards like pizza parties and candy can:
- contribute to childhood obesity
- exclude students with cultural restrictions and/or allergies and medical conditions

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