

How do you say “job well done” or “keep up the good work”? As educators, we know that praise and small rewards go a long way to motivate students. We often hear teachers say “they’ll do it for a piece of candy”. Inexpensive and non-perishable, are two reasons why candy is often the reward of choice. While one piece of licorice doesn’t amount to much, the chart below illustrates the significant amount of sugar a child can consume if one piece of candy a day is eaten for a week, a month, and a school year!

Sugar in Candy Rewards

	1/day	5 days/week	20 days/month	185 days/year
Crème Saver	1 tsp.	4 1/2 tsp.	1/3 c.	3 1/2 c.
Tootsie Roll (sm)	1 1/4 tsp.	6 1/4 tsp.	1/2 c.	5 c.
Red Licorice	2 tsp.	10 tsp.	3/4 c.	7 3/4 c.

Non-Food Reward Ideas

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| ‡ Stickers/rubber stamp/star on paper | ‡ Coupons: |
| ‡ Classroom jobs | - Front of the line pass |
| ‡ Extra P.E. or recess time (exercise!) | - Sit with a friend |
| ‡ A positive phone call home | - Drink of water anytime |
| ‡ Helper for the day | - Lunch with teacher |
| ‡ Video party | - Computer, reading, free choice time |
| ‡ Prize Box | - Sit in teacher’s chair |
| ‡ Leader of a game | - Read to class |
| ‡ Points to earn bigger prize | - give spelling test to class |
| ‡ Smiles, hugs | - 5 minutes early to lunch |
| ‡ Tickets for drawing | - Homework pass |



The 5 a Day—Power Play ! Campaign is sponsored by the California Department of Health Services and funded by the Food Stamp Program of the United States Department of Agriculture. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For more information about the Food Stamp Program, please call 1-800-952-5253. The University of California prohibits discrimination against or harassment of any person on the basis of race, color, national origin, religion, sex, physical or mental disability, marital status, age, sexual orientation, citizenship, Or veteran status in any of its programs or activities or with respect to any of its employment policies, practices, or procedures. Inquiries regarding the University’s nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 300 Lakeside Drive, 6th Floor, Oakland, CA 94612-3550, (510) 987-0096.