1. **Discuss with students what would help them make healthier lifestyle choices during celebrations** (e.g., focus on physical activity, special treats in small portions, balance less nutritious foods with more nutritious foods, etc.).

2. **Ask students if they can think of ways to improve eating habits in school (classroom).** Have someone go to the chalkboard and record suggestions:
   - Use alternatives to cookies, cupcakes and other treats for classroom parties
   - Have nutrition classes taught in school
   - Have healthy choices available in the lunchroom
   - Bring healthy foods from home

3. **Rewarding children with less nutritious foods undermines efforts to teach them about good nutrition.** Discuss with students the consequences of using food as reward:
   - Contributes to poor eating habits
   - Encourages overconsumption of less healthy foods
   - Increases preference for sweets
   - Teaches students to reward themselves with food

4. **Ask students to think of alternatives to food as a reward or for classroom parties.** Have someone list suggestions on the board:
   - Special birthday book filled with compliments from classmates and teacher
   - Game time hour with his or her choice of game
   - Wall of fame to highlight the birthday child’s accomplishments

5. **If food is given as a reward, have students think of healthy food choices in the classroom to help meet their daily nutrient requirements.**
   - Fresh, frozen or dried fruit or 100 percent juice
   - Whole-grain crackers and peanut butter or cheese
   - Pretzels, popcorn, whole-grain cereal, graham crackers