



Eat Fruits, Vegetables, and Be Active

How do you say “job well done” or “keep up the good work”? As parents and caregivers, we know that praise and small rewards go a long way to motivate and reward children. We often hear parents and caregivers say “they’ll do it for a piece of candy”. Candy is often used as a reward because it is inexpensive and non-perishable. 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

- ▶ Stickers/rubber stamp/star
- ▶ Extra play time, inside or outside (physical activity!)
- ▶ Helper for the day
- ▶ A trip to the park or playground
- ▶ Prize Box - stickers, small toys/games
- ▶ Leader of a game
- ▶ Smiles, hugs
- ▶ Special play date
- ▶ Extra art or craft time
- ▶ Extra story time
- ▶ Special activity day - trip to the pool, the zoo, the library

The *5 a Day—Power Play! Campaign* is funded by the Food Stamp Program of the U.S. Department of Agriculture, an equal opportunity provider and employer, through the Sierra Cascade Regional Nutrition Network for Healthy Active Families. 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. For more information on *5 a Day—Power Play!* please call 530.345.0633.