The Missouri Eat Smart Advanced Guidelines do not allow food to be given as a reward.

Alternative ideas for classroom rewards:

Elementary:
- Stickers, pencils, or bookmarks
- Certificates
- Show-and-tell
- Bank system – earn play money for privileges
- Extra computer time
- Make deliveries to the office
- Be the classroom helper
- Sit by friends
- Play a favorite game
- Full physical activity break
- Dance or listen to music in the classroom
- Have extra art time
- Watch a fun video
- Eat lunch or have class outside

Secondary:
- Sit with friends
- Reduced homework or no homework pass
- Extra credit
- Focuses on the importance of health
- 'Get up and go' activities
- Computer time
- Watch a fun video
- Five-minute chat break
- Listen to music while working on tasks

Using food as rewards teaches children to eat when they are not hungry. This can lead to problems for children such as obesity, diabetes and hypertension. Using food as a reward can also undermine classroom nutrition lessons. Students are taught about a healthy lifestyle and choosing healthy foods in proper portion sizes.

Missouri Eat Smart Advanced Guidelines

A Guide to Promoting a Healthy School Environment

Parent Group Fundraisers

The District strongly encourages parent groups to adhere to the Eat Smart Advanced Guidelines for fundraising events for our schools. Please see requirements below regarding catalog sales.

Updated - July 2014

If the fundraiser is a 100 percent food item catalog, 25 percent of the items should meet the Missouri Eat Smart Advanced Guidelines.

If it is a mixed product catalog, no more than 25 percent of the items can be food (it is not mandatory that this 25 percent meet the Advanced Guidelines but we encourage you to find a healthy mix).
Students are expected to engage in healthy eating practices to support their overall well-being. This involves avoiding sugary drinks and foods that are high in calories. Instead, students are encouraged to eat a variety of fruits and vegetables, whole grains, lean proteins, and low-fat dairy products. These foods provide essential nutrients that support healthy growth and development.

To promote healthy eating habits, schools may limit the availability of sugary and high-fat foods in school settings. This includes avoiding the sale of sodas, energy drinks, and other sugary beverages. Instead, schools may offer a variety of nutritious options, such as fresh fruits, vegetables, and whole-grain snacks. By making these healthy choices available, students are more likely to make healthier choices when they are hungry.

In addition to promoting healthy eating habits, schools may also encourage physical activity among students. This can be achieved through a variety of methods, including the implementation of physical education programs, the provision of safe and accessible recreational spaces, and the encouragement of active transportation methods, such as walking or biking to school.

By fostering a healthy school environment, students are more likely to adopt healthy habits that will benefit them throughout their lives. This includes healthy eating habits, regular physical activity, and a positive attitude towards personal health and well-being.