

Healthy *treats* for Children

Candy, potato chips and soft drinks are often thought of as treats. However, these types of food can contribute to poor nutrition, less healthy eating habits and cause tooth decay.

Treat children to tasty nutritious foods. Fresh fruit, crisp raw vegetables, smoothies, yogurt and wholesome home baking are a few examples of popular nutritious foods. Children are more likely to choose and enjoy healthy food when they are not offered along with less healthy food.



Special Events



Children learn to prefer foods that are served at social events and the foods that they see others eating. Special events are a great way to promote the enjoyment of tasty and nutritious food. Consider offering a variety of healthy choices at events such as parties, sports days and festivals.

Alternatives to Food Treats and Rewards

Using less healthy choices as rewards for behaviour can give mixed messages to children about healthy eating. By using healthy and non-food treats, you can be a good role model for healthy eating. If treats and rewards are offered, think about using non-food items or healthier food choices.

Non-food Treats

- School items – pencils, erasers, stickers, bookmarks
- Special activity – movie, free time, reading time, game
- Family time together – perhaps the most important treat of all!

