



Sample Social Media Posts: Non-Food Rewards

Facebook:

- We know about wellness and that includes the way we reward students! Read more about our non-food reward policy and get ideas for better alternatives: [\[Insert link to Local Wellness Policy\]](#) #SchoolWellness
- Kids are sweet enough without candy. That's why we choose to reward students in healthy ways, such as extra time to play outside. Check out these ideas for non-food rewards from @HealthierGeneration that students enjoy: bit.ly/2bxpAZN
- Did you know that using food as a reward can create unhealthy habits for kids? [\[School or site name\]](#) has found ways to provide incentives without using food. Check out this list of healthy ways to reward kids and help us continue this practice at home: bit.ly/2bxpAZN
- [\[Insert School or site name\]](#) knows how to keep rewards FUN and healthy! We choose to reward students in ways that support healthy learning. Ask your teacher for ways to help us recognize students the healthy way!
- Our school is proud to be a @HealthierGeneration Healthy Schools Program school! That means we only use non-food reward for our students! Ask us how you can help us recognize students at school using non-food rewards!

Twitter:

- Looking for non-food rewards? Check out @HealthierGen's training, A Candy Here, Candy There, bit.ly/1nMpksZ
- Why do we not use food to reward students? Find out here: bit.ly/1nMpksZ
- We know about #schoolwellness at [\[School Handle\]](#). Join us with @HealthierGen's non-food reward ideas: <http://bit.ly/2bxpAZN>