



Boys & Girls Clubs of Southern Maine Nutrition/Snacking Guidelines

Nonfood Rewards:

- Nonfood rewards and incentives are preferred over food rewards. It is the intent of Boys & Girls Clubs of Southern Maine to use rewards and incentives that do not undermine the health of youth and/or reinforce unhealthful eating habits. Nonfood rewards and incentives should be used as the first choice to encourage healthy behavior.
- The use of unhealthy food and beverages as a reward for positive youth performance or behavior will be discouraged. Alternatives to using food, as a reward will include: special recognition, privileges, and items such as stickers, books, etc.

Healthy Options at Celebrations/Events:

- It is not the intent of Boys & Girls Clubs of Southern Maine to eliminate all treats for members. Rather it is our goal to cultivate an understanding of the difference between a nutritious snack and a treat. Treats will be reserved for special occasions.
- When celebrations/events at a Boys & Girls Clubs of Southern Maine site include treats, healthy options will also be made available along with a nutrition educational component whenever appropriate or possible.

On Site for Vending Machines

- Boys & Girls Clubs of Southern Maine will ensure that nutritious foods are available in all on-site food and vending machines. These guidelines are guided by the (star level) of the Power Vending program.