

Alternatives to Food Rewards

Has the target been met? The project completed? The deal signed?

As an employer, you have the opportunity to **support healthy lifestyles** by eliminating rewards that undermine health and replacing them with **rewards that are just as meaningful!**

Whatever your reason, providing incentives and rewards for employees can increase productivity and compliance.

What's the best reward for your employees? **To get the best answer, ask!** Each workplace will have its own resources and limitation on what can be provided. To the right is a list of possibilities to get your wheels turning! Ask your employees to rank the rewards that you can provide in order of what would be most meaningful to them.

Reward Ideas:

- Offer gift certificates that promote health:
 - Farmers market
 - Gym/aerobic/yoga classes
 - Passes to state or national parks
 - Local supermarket
 - Massage
- Hold a meeting outside or make it a walking meeting.
- Offer a monetary incentive.
- Allow employee to come in an hour later or to leave an hour early.
- Allow casual clothing or jeans on a specific day.
- Allow for an extra-long lunch break.
- Offer an extra vacation day.
- Allow a 'work from home' day.

Healthy Tip!

5210 recommends that water is available at all meetings.



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