

# Cash for Candy

Family & Friends  
Participation Guide





## Promoting Financial Literacy and Healthy Habits

We all want the best for our children. This season, you can promote their physical well-being and introduce some principles of financial literacy by participating in a "cash for candy" initiative in collaboration with Grow Give Pro\$per, a non-profit organization focused on financial literacy.

### Why It Matters

Excessive candy consumption during the festive fall season, from events such as Trunk or Treat and Halloween, can harm our children's health. It can lead to issues such as hyperactivity, tooth decay, stomach aches, and a weakened immune system. While we don't want to take all the fun out of the season, it's important to remember that too much candy is never a good idea. So, why not use these fun experiences to teach children about responsible consumption and financial management? Did you know:

1. Children who are exposed to financial education early are more likely to save money and make better financial decisions in the future. (<https://www.cnbc.com/2021/04/05/giving-kids-an-early-financial-education-pays-off-in-the-future.html>)
2. Early financial education with practical simulations can promote positive financial attitudes. (<https://www.nature.com/articles/s41599-023-02588-9>)



## Benefits:

By offering children a small reward in exchange for candy, several benefits related to financial literacy can be discovered:

- 1. Value Assessment:** Encourages children to assess the value of their candy and decide whether to exchange it for a monetary reward, helping them understand the concept of trade-offs and the value of their possessions.
- 2. Financial Decision-Making:** Introduces the idea of making financial decisions at an early age, as children weigh the option of receiving something in exchange for their candy.
- 3. Saving and Spending:** Provides an opportunity for children to make choices about how to use the money earned from the candy exchange, allowing them to practice basic financial skills such as saving, budgeting, or making small purchases.
- 4. Understanding Exchange:** Teaches children the concept of exchanging goods for money, helping them grasp the basic principles of commerce and transactions.
- 5. Rewarding Effort:** Demonstrates that effort and choices can lead to financial rewards, instilling a sense of agency and responsibility in managing one's resources.

*Common participation options are:*

**Weight.** Choose how much you will pay per pound of candy. Agree on a price per pound with your child, and repurchase the candy they want to sell.

**Container.** Select a container from your kitchen to act as a candy measurer. Agree on a price per container with your child, and repurchase the candy they want to sell.

**Type & Number of Pieces.** See activity sheet on next page



**Incorporating a reward into the candy exchange is a practical way to introduce children to financial concepts and promote the development of foundational financial literacy skills.**

## **How You Can Participate:**

1. Offer non-food treats in exchange for a portion of their candy, such as purchasing a new board game or activity that the whole family can enjoy.
2. Offer to exchange the candy for stickers, small toys, or other inexpensive trinkets.
3. Create a "prize box" filled with low-cost items and let the children pick something from the box in exchange for their candy.
4. Promise to spend extra time doing their favorite activities, such as reading an extra story at bedtime or playing their favorite game.
5. Offer to do an activity with them, like a craft project or free time with Slime and Play-Doh, in exchange for the candy.
6. Trade candy for experiences like staying up 20 minutes past bedtime, choosing what's for dinner, or having a special playdate with a friend or cousin.

