

HEALTHY FUNDRAISING in schools

Why is it important?

Current fundraising involves the sales of candy, soda, and other unhealthy products which increase the risk of chronic diseases. With childhood obesity, high blood pressure, high cholesterol and diabetes on the rise, more than ever it's vital that we provide a consistent message of health to our students. The following list will provide you with ideas for fundraisers that do not undermine the nutrition and health of the students.

Ideas for Healthier Fundraisers

- ❑ Walk-, Run-, Bike-, Dance-, Skate-A-Thon!
- ❑ Jump rope or hula hoop competition
- ❑ Team sport tournament
- ❑ Yard sale that parents and staff donate items
- ❑ Sell ad space in school newspaper or newsletter to local businesses
- ❑ Sell cookbooks with healthy recipes
- ❑ Field Day or Pep Rally
- ❑ School Dances
- ❑ Wrist Bands with customized colors and slogans
- ❑ Candles, lotions, soaps, greeting cards, stationary
- ❑ First Day of School Packets filled with school supplies
- ❑ Car washes
- ❑ Plan a parent-teacher/student talent show and sell tickets
- ❑ Recycling fundraisers (computers, printer cartridges, cell phones)
- ❑ Singing telegrams
- ❑ Sell School related items such as t-shirts or water-bottles
- ❑ Raffle off donated items
- ❑ Fruit and vegetable boxes, baskets & bundles
- ❑ Herb starter kits
- ❑ Healthy snacks; pretzels, popcorn, nuts, trail mix
- ❑ Farmers Market
- ❑ Flower and balloon sales
- ❑ Parents and Child Cooking Class
- ❑ Organize a festival or craft sale
- ❑ Fruit Smoothies
- ❑ Game Night

