

Healthy Fundraising



Why choose a healthy fundraising option?

- * It sets a good example for the children and youth
- * It promotes a healthier school community
- * Parents want healthier fundraising options
- * It is consistent with efforts to improve health, sports performance, and academic success
- * Studies show healthier food options can raise as much, or even more, money than unhealthy choices

Activities

- * Pledge money for a dance-a-thon or walk-a-thon
- * Fun run or family obstacle courses
- * Car wash
- * Gift wrapping services
- * Arrange with a grocery store to get tips for helping pack customer's bags
- * Sell tickets to go through a haunted house created in the school
- * Silent auction with services or items donated from local businesses
- * Yard sale
- * Book fair
- * Golf tournament
- * Profits from yoga or Zumba classes

Non-food items

- * Seeds, plants, bulbs, herb starter kits
- * Garbage bags
- * Healthy cookbook
- * Reusable grocery bags with school logo
- * Magazine subscriptions
- * Individual roses or bouquets of flowers for special occasions
- * Emergency first-aid kits
- * Gift wrap, gift tags, note cards
- * Holiday ornaments or wreaths
- * School spirit swag
- * Pedometers
- * Calendars
- * Cookware and/or utensils

Healthy foods and beverages

- * Cooking spices and healthy seasonings
- * Oranges or other citrus fruit
- * Produce baskets
- * Apples
- * Salmon



Think local when planning your next fundraiser!

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