

# 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 options can raise as much, or even more, money than unhealthy food 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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