

HEALTHY FUNDRAISING in schools

Foods commonly used for fundraising at school (candy, baked goods, salty snacks, soda) have very little nutritional value. While schools may raise funds, students pay the price. An environment that constantly provides children with unhealthy foods promotes unhealthy habits that can have a lifelong impact. For this reason, many schools are turning to healthy fundraising alternatives.

Healthy Kids Learn Better:

Good nutrition is linked to better behavior and academic performance.
The best possible learning environment for children should support healthy behaviors.

Consistent Messages Matter:

Fundraising with nonfood items and healthy foods shows your commitment to promoting healthy behaviors. It also supports the classroom lessons students are learning about health, instead of contradicting them.

Showcase a Healthy School Environment

Healthy fundraising alternatives are an important part of providing a healthy school environment. Consistent, reliable health information and ample opportunity to use it will promote positive lifestyle choices. The goal is to reduce student health risks and improve learning.

Items you can sell:

Activity theme bags
Air fresheners
Bath accessories
Balloon bouquets
Batteries
Books
Brick/stone/tile memorials
Buttons, pins
Candles
Coffee cups or mugs
Crafts
Coupon books (nonfood items)
Emergency kits for cars
First aid kits
Flowers, bulbs, plants
Foot warmers
Football seats
Garden seeds
Gift baskets (nonfood items)
Gift certificates (nonfood items)
Gift items
Gift wrap, boxes and bags
Graduation tickets
Greeting cards
Hats
Holiday ornaments
Holiday wreaths
House decorations
Jewelry
Magazine subscriptions
Monograms
Music, CDs, DVDs

Newspaper space, ads
Parking spot (preferred location)
Pet treats/toys /accessories
Plants
Phone cards
Raffle donations (nonfood items)
Raffle extra graduation tickets
Raffle front row seats at a special school event
Rent a special parking space
Scarves
School art drawings
Souvenir cups
Spirit/seasonal flags
Stadium pillows
Stationery
Student directories
Stuffed animals
Valentine flowers
Yearbook covers
Yearbook graffiti

Custom Merchandise:

Bumper stickers and decals
Calendars
Cookbook of healthy recipes
Flying discs with school logo
Logo license plates/holders
Logo air fresheners
School spirit gear
T-shirts/sweatshirts

Things You Can Do:

Auction
Bike-a-thons
Bowling night/bowl-a-thon
Car wash (presell tickets as gifts)
Carnivals/festivals
Dances (kids, father/daughter, Sadie Hawkins)
Family/glamour portraits
Fun runs
Gift wrapping
Golf tournament
Jump-rope-a-thon
Magic show
Raffle (movie passes, theme bags)
Raffle (teachers do a silly activity)
Read A Thons
Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
Recycling cans/bottles/paper
Singing telegrams
Skate night/skate-a-thon
Tag sale, garage sale
Talent shows
Horseshoe/ Tennis competition
Treasure hunt/scavenger hunt
Walk-a-thons
Workshop/classes