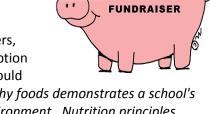
Healthy Fundraising

<u>Wellness Policy and Guidelines:</u> Food **f**undraisers by students, teachers, school groups, and parent groups are not allowed for student consumption during the school day. All school sponsored fundraising food items should



strive to meet the Indiana codes. Fundraising with non-food and healthy foods demonstrates a school's commitment to promoting healthy behaviors and a healthy school environment. Nutrition principles taught in the school room are meaningless if they are contradicted by other activities that promote unhealthy choices. Fundraising will not compete with the school lunch and a la cart food sales.

Encourage healthy fundraising with non-food options or only foods and beverages that meet the guidelines using the *Smart Snacks Product Calculator*. Access the Smart *Snacks Product Calculator* at:

http://rdp.healthiergeneration.org/calc/calculator/

Healthy Food Choices - Single Serve Portions

Water Fruit smoothies

Cheese Gift baskets with fruit/cheese

Fresh fruit Nuts

Frozen bananas Popcorn (trans-fat free oil)

Fruit and yogurt parfaits Trail mix

Non-Food Items

Aluminum can collection Greeting cards and stationary

Babysitting drop off Hair bows
Balloons Hats

Bath accessories Holiday ornaments/wreaths

Batteries Home decorations

Beanbag chairs

Jewelry

Book marks

Jump ropes

Books, calendars, magazines

Box Tops for Education

Brick/stone/tile memorials

Key Chains

Kitchenware

Lotions/soaps

Buttons/pins Luggage tags
Calendars Megaphones
Candles Message grams

Car wash/Windshield wash Mulch

CDs/DVDs/Videos Penny or loose change day

Cookbooks (featuring healthy foods)

Pens, pencils, erasers

Coupon books

Pet treats/toys/accessories

Emergency kits for cars/home Picture frames

First aid kits cars/home Plants, flowers, bulbs, seeds

Foot warmers Photo booths

Frisbees Portraits/Photos/Family photos

Garage Sale/Flea market Prom dress re-sale

Gift certificates Puzzles

Raffle donations Services (leaf raking)
Rally rags/team towels Stadium Chairs
Recycling cell phones Stress-free balls

Recycling ink jet cartridges T-shirts for each grade level

Reusable bags Valentines
Savings card Water bottles
School Logo Merchandise Wrapping paper
Student art/crafts Wristbands

Scratch cards

Customized (Logo) Merchandise

Air fresheners License plates or holders

Bumper stickers School spirit gear Calendars Scratch off cards

Cookbooks (healthy)

Souvenir cups/water bottles

Cozies Stickers

Decals T-shirts/sweatshirts
Frisbees Water bottles

Fundraising Events

3-on-3 basketball tournament Mother/Daughter tea

A-thon (see separate sheet and examples)

Auction

Bakeless** Fund Raiser

Movie night
Penny drive
Pet parade

Battle of the bands Pumpkin painting

Box Tops for Education Raffle (teachers do a silly activity)

Car wash (pre-sell tickets as gifts) Raffle (theme bags)

Carnivals Recycling cans/bottles/paper

Celebrity basketball game Rent a helper (wash dog, vacuum car, rake leaves)

Community music performances School play

Dance (kids) Science fair

Shout Outs*

Family dinner (theme, healthy)

Family game night

Family/glamour portraits

Silent auction

Singing telegrams

Father/daughter dance Skate night
Festivals Spelling bee (adults/children)

Fun runs/walks Sports clinic/camp

Fun wear day (PJ day, jean day, hat day...) Student/Staff/Alumni game

Gift catalog Talent show

Gift wrapping nights Target – "Take Charge for Education"

Golf tournament Tennis/horseshoe/corn hole competition

Graduation balloons Treasure hunt/scavenger hunt

Magic show Workshop/classes (Zumba, yoga, karate)

Milk mustache contest w/photo

*Shout Outs: At ball games, a fee could be collected to have special occasion or recognition announced during the game. (Basketball, football, soccer, volleyball...)

Shout Out Examples would be:

- Mike and Jane Smith are celebrating their 25th wedding anniversary with us tonight.
- Happy 16th birthday to Mary Jones.
- Congratulations Jeff Williams on his acceptance into the Naval Academy.
- High five for Julie Smith for her straight A report card!
- Congratulations to the junior volleyball team from South School who placed first in the conference.
- **Bakeless Fund Raiser: Have a family night where parents are asked to stay home as a family share a healthy dinner, play a board game, or read together. Request a monetary donation to the school rather than baking something for a bake sale.
 - Florida Fruit Association: www.fundraisingfruit.com
 - * Race for Education: www.racefored.com
 - Trash Bags: www.bagsforbucks.com
 - Laundry/Dish Soaps and Household Items: www.profitablesolutionsfundraising.com
 - Flower Bulbs: www.dutchmillbulbs.com
 - ❖ Yankee Candles: www.yankeecandle.com/about-us/fundraising
 - ❖ Active School Fundraising: www.activeschoolsfundraising.org

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"A-Thon" Fundraisers

"A-Thon" fundraisers are a great way to raise funds and promote healthy, educational activities. Funds are raised by collecting pledges from friends and families. The event can be organized as special, one-time event involving all students, staff, and parents or it can be held over a span of several days, weeks or months.

How does it work?

- 1. Select an activity. Here are a few ideas:
 - Bike-a-thon
 - Bounce-a-thon (bounce a basketball)
 - Bowl-a-thon
 - Climb-a-thon (climb flights of stairs daily for two weeks)
 - Dance-a-thon
 - Double-dutch-a-thon
 - Fitness-a-thon (rotate to various fitness activities)
 - Jump Rope-a-thon
 - Pickle Ball-a-thon
 - Pogo-a-thon
 - Read-a-thon (pledge to read daily for a month)
 - Rock-a-thon (with rocking chairs)
 - Walk-a-thon
 - Water-a-thon (drink water daily instead of soda for three weeks)

2. Organize the Event

- Select a time frame. (day, week, month...)
- Select a location, if needed.
- Set a school fund raising goal.
- Kick-off at least two weeks in advance.
- Promote with flyers, posters, announcements, telephone messages, school newsletters, email.
- Raise funds by collecting funds in advance rather than after the event.
- Consider asking local businesses for donations such as cash or healthy food/water in exchange for advertising at the event.
- Create a Pledge Form. (see example or create your own)

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School Name Here Name of Event Here-A-Thon Pledge Form

Student Name:					
Fundraising Goal: _		Total:			
	(Insert number) x (insert Activity) x (insert Money Amount)				

Please help me reach my fundraising goal by sponsoring my participation!

Please make check payable to: (Insert school name)

Donor Name	Address	Phone Number	Amount
		Total Received:	