

## Healthy Fundraising



Wellness Policy and Guidelines: Food fundraisers 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	Key Chains
Box Tops for Education	Kitchenware
Brick/stone/tile memorials	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  
Rally rags/team towels  
Recycling cell phones  
Recycling ink jet cartridges  
Reusable bags  
Savings card  
School Logo Merchandise  
Student art/crafts  
Scratch cards

Services (leaf raking)  
Stadium Chairs  
Stress-free balls  
T-shirts for each grade level  
Valentines  
Water bottles  
Wrapping paper  
Wristbands

### **Customized (Logo) Merchandise**

Air fresheners  
Bumper stickers  
Calendars  
Cookbooks (healthy)  
Cozies  
Decals  
Frisbees

License plates or holders  
School spirit gear  
Scratch off cards  
Souvenir cups/water bottles  
Stickers  
T-shirts/sweatshirts  
Water bottles

### **Fundraising Events**

3-on-3 basketball tournament  
A-thon (see separate sheet and examples)  
Auction  
Bakeless\*\* Fund Raiser  
Battle of the bands  
Box Tops for Education  
Car wash (pre-sell tickets as gifts)  
Carnivals  
Celebrity basketball game  
Community music performances  
Dance (kids)  
Family dinner (theme, healthy)  
Family game night  
Family/glamour portraits  
Father/daughter dance  
Festivals  
Fun runs/walks  
Fun wear day (PJ day, jean day, hat day...)  
Gift catalog  
Gift wrapping nights  
Golf tournament  
Graduation balloons  
Magic show  
Milk mustache contest w/photo

Mother/Daughter tea  
Movie night  
Penny drive  
Pet parade  
Pumpkin painting  
Raffle (teachers do a silly activity)  
Raffle (theme bags)  
Recycling cans/bottles/paper  
Rent a helper (wash dog, vacuum car, rake leaves)  
School play  
Science fair  
Shout Outs\*  
Silent auction  
Singing telegrams  
Skate night  
Spelling bee (adults/children)  
Sports clinic/camp  
Student/Staff/Alumni game  
Talent show  
Target – “Take Charge for Education”  
Tennis/horseshoe/corn hole competition  
Treasure hunt/scavenger hunt  
Workshop/classes (Zumba, yoga, karate)

**\*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 25<sup>th</sup> wedding anniversary with us tonight.
- Happy 16<sup>th</sup> 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](http://www.fundraisingfruit.com)
- ❖ Race for Education: [www.raceford.com](http://www.raceford.com)
- ❖ Trash Bags: [www.bagsforbucks.com](http://www.bagsforbucks.com)
- ❖ Laundry/Dish Soaps and Household Items: [www.profitablesolutionsfundraising.com](http://www.profitablesolutionsfundraising.com)
- ❖ Flower Bulbs: [www.dutchmillbulbs.com](http://www.dutchmillbulbs.com)
- ❖ Yankee Candles: [www.yankeecandle.com/about-us/fundraising](http://www.yankeecandle.com/about-us/fundraising)
- ❖ Active School Fundraising: [www.activeschoolsfundraising.org](http://www.activeschoolsfundraising.org)

*Rev. 5/1/2017*

## **“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)

*Rev. 4/26/2017*

*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
		<b>Total Received:</b>	