

Fundraising Ideas

- Given the high rates of childhood obesity and children's poor diets, many schools are reconsidering whether selling low nutrition foods is an appropriate way to raise money.
- In 2004, the US Congress established a new requirement that all school districts develop and implement wellness policies that address nutrition and physical activity.
- As part of their wellness policies, many school districts are setting policies that ensure schools conduct only healthy fundraisers.

There are many healthy fundraising ideas that are not only practical, but profitable. Healthy fundraisers set a positive example and support: (1) healthy eating by children, (2) nutrition education, and (3) parents effort to feed their children healthy food.

Healthy Fundraiser Ideas	
<ul style="list-style-type: none"> ➤ Selling seeds ➤ Plant and Flower sales ➤ Auctions ➤ "Bakeless" Bake sales (Parents donate the money that they otherwise would have spent buying or making baked goods) ➤ Book Fairs ➤ Homemade greeting card sales ➤ Car Washes ➤ Homemade jewelry sales ➤ Fruit sales ➤ Trailmix sales ➤ Fruit Smoothie sales 	<ul style="list-style-type: none"> ➤ Walk-a-thons ➤ Bowl-a-thons ➤ Sporting Events ➤ Grocery Store Fundraisers (store gives a percentage of sales to school) ➤ Raffles ➤ Recycled clothing sales ➤ Craft sales ➤ Read-a-thons ➤ Garage Sales ➤ Wrapping Gifts during holidays ➤ Auction a service (lawn mowing, cleaning, etc)

Fundraisers that Undermine Children's Health
<ul style="list-style-type: none"> ➤ Bake sales ➤ Candy sales ➤ Cookie Dough sales ➤ Doughnut sales ➤ Pizza Kit sales