

HEALTH & WELLNESS POLICY -Appendix-

Appendix E: Healthy Fundraising

Alternatives to selling candy for schools, sports and clubs

Candy, baked efforts, soda and other foods with little nutritional value are commonly used for fundraising. This sends the message to students that the school district views money as being more important than their students' health. It compromises classroom learning by sending contradictory nutrition messages taught in the classroom. It contributes to poor health by adding unnecessary calories and encourages students to consume less nutrient dense foods over to healthier choices. Increasing obesity rates among children are resulting in serious health consequences, such as increased incidence of heart disease, Type 2 diabetes, high blood pressure, high cholesterol, sleep apnea, low self-esteem, poor body image and isolation.

Adopting a policy of healthy fundraising result in:

- Healthier kids who learn better as research demonstrates that good nutrition is linked to better behavior and academic performance.
- Delivery of consistent health messages because fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors and supports lessons learned in the classroom rather than contradicts them.
- Promoting a healthy school environment by providing students with reliable health information and the opportunity to practice it.

Here are some ideas for healthy fundraising

Items you can sell:

- Activity cards
- Activity theme bags
- Air fresheners
- Balloon bouquets
- Bath accessories
- Batteries
- Books, calendars
- Brick/stone/tile memorials
- Bumper stickers
- Buttons, pins
- Candles
- Christmas ornaments
- Christmas trees
- Coffee cups, mugs
- Cookbooks
- Cookbook of easy and healthy after school snacks
- Crafts
- Coupon books
- Customized stickers
- Emergency kits for cars
- Elephant rides
- First aid kits
- Flea markets
- Flowers and bulbs
- Foot warmers
- Football game shout outs
- Football seats
- Frisbees
- Garage sale
- House decorations
- Jewelry
- Kitchenware
- License plate frames/holders with school logo
- Lotions and soaps
- Lunch box auctions
- Magazine subscriptions
- Megaphones
- Mistletoe
- Monograms
- Music, videos, CDs
- Mugs
- Newspaper space, ads
- Personalized stationary
- Pet treats/toys/accessories
- Picture frames
- Plants
- Pocket calendars
- Pre-paid phone cards
- Raffle donations
- Raffles or gift baskets
- Rent a special parking space
- Scarves
- School art drawings
- School Frisbees
- School spirit gear & accessories
- Scratch off cards
- Sell/rent wishes
- Souvenir cups
- Sprit/seasonal flags
- Stadium pillows

Items you can sell continued:

- Garden seeds
- Giant coloring books
- Gift baskets
- Gift certificates
- Gift items
- Gift wrap, boxes and bags
- Greeting cards
- Hats
- Holiday decorations
- Holiday ornaments
- Holiday party decorations/Poinsettias
- Holiday wreaths

- Stationary
- Student directories
- Stuffed animals
- Temporary/henna tattoos
- T-shirts, sweatshirts
- Tupperware
- Valentine's Day flowers
- Yearbook covers
- Yearbook graffiti
- Yearbook space/monograms

Healthy Foods:

- Frozen bananas
- Fruit & nut baskets
- Fruit smoothies & fruit juice based slush
- Fruit & vegetable baskets
- Fruit & yogurt parfaits
- Lunch box auctions
- Nuts
- Popcorn
- Fresh and exotic fruit
- Trail mix

Custom Merchandise you can sell:

- Bumper stickers/decal
- Calendars
- Cookbook made by school
- Key chains
- Logo air fresheners
- Magnets
- Pens, pencils, erasers
- Scratch off cards
- T-shirts/sweat shirts

Activities Supporting Academics:

- Read-A-Thon
- Science Fair
- Spelling Bee

Activities:

- Arts and crafts sales
- Auction
- Basketball tournaments
- Battle of the Bands
- Bike-a-thons
- Bowling night
- Carnivals
- Car washes
- Coupons for domestic chores
- Dances

- Raffles
- Read-a-thons
- Recycle cans/paper/ink cartridges
- Rent-a-teen-day (rake leaves, mow lawn, wash dog, household chores, etc)
- School plays
- Science fair
- Seasonal "Message Grams"
- Services (lawn care, housecleaning)
- Silent auctions