

HEALTHY OPTIONS FOR FUNDRAISING AND SPECIAL EVENTS



Food-Free Fundraising Ideas

Magazines and Books

Raise money while encouraging the community to read!

- Team up with larger magazine/book companies who work with schools to raise money.
- Team up with students, parents, staff and volunteers to advertise the fundraising event to the community.



Tulip Bulbs and Flower Sales

Raise money while making the community a prettier place!

- Team up with local flower shops to sell tulips, flowers or trees as a way to raise money for the school.
- Team up with larger flower companies who work with schools to raise money.



Arts, Crafts, Beadwork

Sell arts, crafts, and beadwork that the students have made. Keep your cultural traditions while raising money!

- Run after-school classes where students can make arts, crafts, or beadwork. Sell them at special days (e.g. Valentine's, Mother's Day).
- Team up with community cultural events and festivals to sell the students' arts, crafts and beadwork.



Physical Activity-A-Thons

Events that include exercise are a great way to raise money! They also help increase physical activity.

- Map out your route for your walk/bike/run-a-thon. Raise money for every kilometer students walk, ride, or run.
- Host a teachers-versus-students or parents work-out session like an Aboriginal dance or aerobics class.



For more information on fundraisers, look at the following web pages:

1. Nutrition Tools for Schools Toolkit - Healthy Choices for School Fundraising located at:
<http://www.hamilton.ca/HealthandSocialServices/PublicHealth/Nutrition/NutritionToolsForSchools.htm>
2. For traditional or unique fundraising ideas to help your school raise funds:
<http://www.canadianfundraising.com/page2.html>.

Special Food Days

Special Food Days can be a chance to hold a fun feast at school! Have foods that fall into the **most often** category. Try these tasty meal ideas for a healthy celebration:

- Lean meat stews with wild rice.
- Sandwiches or wraps using whole grain breads, lean meat or hummus, cheese slices, lettuce, tomato and low-fat spreads.
- Veggie or Hawaiian style pizza on whole wheat crust.
- Soft tacos or burritos filled with vegetables, lean ground meat or beans, and shredded cheese.
- Hot soups with whole wheat bannock/scone.
- Whole wheat pasta with a vegetable-based sauce.



On the side!

- Give a choice of water, milk with 2% milk fat (%MF) or less, or a small 100% fruit juice box to drink.
- Have vegetable sticks or a small salad as a side dish.
- Serve a piece of fruit with the meal.
- Offer a sweet treat of yogurt, unsweetened applesauce, or milk pudding with 2% milk fat (%MF) or less.

Food Fundraising Ideas

Below are some fundraising ideas that can help make your school a healthier place.

Healthier Bake Sales	Other Food Options
<p style="text-align: center;"><i>Healthier treats are as easy as 1-2-3:</i></p> <ol style="list-style-type: none"> 1. More fibre Use recipes that include: whole wheat flour, whole grains like oats, fresh or dried fruits. Or, swap white flour with whole wheat or whole grain flour. 2. Change to a healthier fat Replace butter with non-hydrogenated margarine or vegetable oil. 3. Less sugar With many recipes, you can lower the amount of sugar by 1/3 or 1/2 without changing its taste. 4. For more information, check out: http://www.nutritionrc.ca/resources/pdfs/nrc_bake-it-up.pdf. 	<p style="text-align: center;"><i>Try selling healthy choices in place of baked goods.</i></p> <p style="text-align: center;"><i>For example:</i></p> <ul style="list-style-type: none"> • Trail mix: individualized bags of unsalted nuts/seeds, dried fruit and low-sugar cereal. • “Bits and Bites”: diamond-shaped wheat cereal and O’s cereal. • Whole, canned, or fresh-cut fruits or vegetables. Pre-cut. • Dry ingredient mix for whole-wheat pizza dough. • Pasta-making kits: Brown pasta, canned tomatoes and seasoning.

