

Ideas for

# HEALTHY FUNDRAISING

healthy  
kids learn  
better

Research clearly demonstrates that good nutrition is linked to better behavior and academic performance.

Finding alternatives to unhealthy fundraisers, such as bake sales, will promote a healthier school environment. Select and use your favorite healthy fundraising ideas from the list below!

- Activity theme bags
- Hats
- Stationary
- Holiday ornaments
- Stuffed animals
- Balloons
- Holiday wreaths
- Bath bouquets
- House decorations
- T-shirts, sweatshirts
- Batteries
- Jewelry
- Tupperware
- Books, calendars
- Lunch box auctions
- Valentine flowers
- Brick, stone, tile memorials
- Magazine subscriptions
- Yearbook covers
- Bumper stickers and decals
- Buttons, pins
- Monograms
- Candles
- Music, videos, CDs
- Healthy foods
- Christmas trees
- Newspaper space, ads
- Frozen bananas

- Coffee cups, mugs
- Preferred parking spot
- Fruit and nut baskets
- Cookbooks
- Pet treats, toys, accessories
- Fruit and yogurt parfaits
- Crafts
- Plants
- Fruit smoothies
- Coupon books
- Pocket calendars
- Lunch box auctions
- Customized stickers
- Pre-paid phone cards
- Trail mix
- Emergency kits for cars
- Raffle donations
- First aid kits
- Front row seats at a special school event
- Flowers and bulbs
- Bumper stickers, decals
- Foot warmers
- Rental of a special parking space
- Calendars
- Football seats
- Scarves

- School made cookbooks
- School art drawings
- Giant coloring books
- School Frisbees
- Gift baskets
- School spirit gear
- T-shirts, sweatshirts
- Gift certificates
- Gift items
- Items supporting academics
- Gift wraps, boxes, and bags
- Souvenir cups
- Read-A-Thon
- Graduation tickets
- Spirit, seasonal flags
- Science Fair
- Greeting cards
- Stadium pillows
- Spelling Bee

continued

### **Physically active fundraisers**

- Fun walks or runs
- School dances
- Family obstacle course
- Golf or tennis tournaments
- Teacher-student competitions
- 30 day fitness challenges

### **Additional healthy fundraising ideas**

- Lawn mower, snow blower tune-ups (Tech students provide the service)
- IT support for elders (IT students provide the service)
- Salt bag delivery and application for water softeners (Football team provides the service)
- Hold a garage sale (ask parents for donations)

### **Additional resources**

- *Smart Fundraising for Healthy Schools Webinar and Resources* by Action for Healthy Kids, [www.actionforhealthykids.org/component/content/article/19-resource-clearing-house/1379-smart-fundraising](http://www.actionforhealthykids.org/component/content/article/19-resource-clearing-house/1379-smart-fundraising)
- *Non-Food Ways to Raise Funds and Reward a Job Well Done*. Texas Department of Agriculture, 2004. <http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>
- *Sweet Deals: School Fundraising Can Be Healthy and Profitable*. Center for Science in the Public Interest, 2007. <http://www.cspinet.org/schoolfundraising.pdf>

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