

## Healthy Fundraising

Schools have commonly used food and beverage sales as a means to raise needed funds. Fundraising does not have to be all about selling candy, pizzas, hoagies, cookie dough and other food items. New school fundraising strategies that include the sale of healthy foods and non-food items is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping schools meet their financial needs. This practice provides consistent, positive health messages. Below are some fun, creative, healthy, and profitable fundraising ideas.

### Non-Food Items To Sell

- Bath accessories
- Balloon bouquets
- Batteries
- Books, calendars
- Brick/stone/tile memorials
- Buttons, pins
- Candles
- Coffee cups, mugs
- Cookbooks
- Crafts
- Coupon books
- Customized merchandise (e.g. calendars, bumper stickers, school cookbook)
- Emergency kits for cars
- First aid kits
- Flowers and bulbs
- Foot warmers
- Football seats
- Garage sale
- Garden seeds
- Giant coloring books
- Gift baskets
- Gift certificates
- Gift wrap, boxes and bags
- Greeting cards
- Hats
- Holiday wreaths
- House decorations
- Holiday ornaments
- Jewelry
- Magazine subscriptions
- Megaphones
- Mistletoe
- Monograms
- Newspaper space, ads

Pet treats/toys/accessories  
Plants  
Pre-paid phone cards  
Raffle donations  
Rent a special parking space  
Scarves  
School art drawings  
Spirit/seasonal flags  
Stadium pillows  
Stationery  
Student directories  
Stuffed animals  
Temporary tattoos  
Tupperware  
Valentine flowers  
Yearbook covers  
License plates or holders with school logo  
Logo air fresheners  
Logo stickers  
Scratch off cards  
School frisbees  
School spirit gear  
Souvenir cups  
T-shirts/sweatshirts

**Healthy Foods**

Fresh and exotic fruit, like cases of citrus fruit  
Frozen bananas  
Fruit and nut baskets  
Fruit and yogurt parfaits  
Fruit smoothies  
Nuts  
Popcorn  
Trail mix

**Fundraising Events**

Basketball tournaments  
Auction (teacher does something for kids)  
Bike-a-thons  
Bowling night/bowl-a-thon  
Car wash  
Carnivals  
Dances  
Family game nights  
Family portraits  
Festivals

Fun runs  
Gift wrapping  
Golf tournament  
Jump-rope-a-thons  
Magic show  
Raffle (movie passes, theme bags)  
Raffle (teachers do a silly activity)  
Rent-a-teen helper (clean windows, wash dog, mow lawns)  
Recycling cans/bottles/paper  
Silent Auctions  
Singing telegrams  
Skate night/skate-a-thon  
Talent shows  
Tennis/horseshoe competition  
Treasure hunt/scavenger hunt  
Walk-a-thons  
Workshops/classes

**Events Supporting Academics**

Read-A-Thon  
Science Fair  
Spelling Bee

The list above was developed by the North Dakota Department of Public Instruction.

**Healthy Fundraising: Ideas for Healthy Fundraising Alternatives**

<http://www.dpi.state.nd.us/child/reps/fundraising.pdf>

**Other Sources of Information about Healthy Fundraising:**

**Creative Financing and Fun Fundraising for Schools, Sports, and Clubs**

California Project LEAN - <http://www.californiaprojectlean.org>

**Local School Wellness Policy - Guide for Development**

Mississippi Department of Education

<http://www.cn.mde.k12.ms.us/schoolwellnesspolicy/MSSchoolWellnessPolicyModel.pdf>

**What Schools Can Do - Ideas for Healthy Fundraising Alternatives**

Connecticut State Department of Education -

[http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy\\_Fundraising\\_Color.PDF](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising_Color.PDF)

**Alternative Fundraising Ideas - Things You Can Do -**

<http://www.nojunkfood.org/fundraising/todo.html>

This website provides ideas for activities that can be done to raise funds.

**Alternative Fundraising Ideas - Things You Can Sell -**

<http://www.nojunkfood.org/fundraising/tosell.html>

This website provides non-food and healthy food fundraising ideas.

**Healthy Fundraising**

<http://www.healthy-fundraising.org/>

This is a central online resource for promoting healthy fundraising in schools.

**Make Sure Your School's Fundraising Efforts Support Healthy Eating!**

<https://fns.state.mn.us/StrategicPlan/PDF/ToolKit/FundraiserFlyer.pdf>

This flyer from the Minnesota Department of Children, Families, and Learning provides ideas on fundraising activities to support healthy eating.