

# Healthy options for fundraising

Revamp school fundraising activities to support healthy living messages and provide more opportunities for more children to make healthy choices more often.

## Provide Healthy Food Choices

- Sell nutritious foods to family members and friends – fresh fruit, dried fruit, trail mix, organic food, or nuts.
- Decrease the cost of healthy choices such as water and milk and increase the cost of pop in the cafeteria, canteen and vending machines.
- Provide choices from the “Choose Most” and “Choose Sometimes” categories from the Guidelines for Food and Beverage Sales in BC Schools – e.g. whole grain bagels or muffins; fresh vegetables and fruit; dried fruit, seed and nut mixes; fruit canned in water or its own juice; chocolate milk or fortified soy beverages.
- Adapt favourites to make them more nutritious – e.g. use lean hamburgers and serve them on a whole wheat bun with a side of vegetables and dip.
- Involve students in identifying other healthy options.

## Sell Non-Food Items

- Have a raffle for themed gift baskets – ingredients for themed dinners (e.g. Italian, Indian, Greek); seeds and gardening tools; children’s toys; kitchen accessories; spa products.
- Partner with a nursery and sell plant or flower baskets.
- Compile favourite healthy eating recipes from families to create a school cookbook.
- Create school calendars or cards to sell at the school fair.
- Host a silent auction – be sure to include items that students can bid on.
- Partner with a community event to fundraise from set up, clean up, parking and concession duties.
- Sell tickets to a school carnival, talent night, bowl-a-thon, walk-a-thon, dance-a-thon (and sell healthy foods at these events!).
- Organize a community Art Walk featuring local artists’ and students’ works – sell passports indicating the location of each piece of art and a bit about the artist. Proceeds from sales or raffle tickets can be donated to the school.
- Recycle! Visit [www.encorp.ca](http://www.encorp.ca) to learn about their BC Elementary School Recycling Program that supports both recycling and school fundraising efforts.
- Rent tables at a School Flea Market.

*Adapted From: Fundraising for Schools: Fundraising can be Fun Raising! (2005),  
Community Nutritionist Council of BC.*

## Recommended Resources:

1. Guidelines for Food & Beverage Sales In BC Schools – [www.bced.gov.bc.ca/health/healthy\\_eating](http://www.bced.gov.bc.ca/health/healthy_eating)
2. Dietitians of Canada – Bake Better Bites recipe book and healthy snack and lunch ideas – [www.dietitians.ca](http://www.dietitians.ca)
3. Dietitian Services at HealthLink BC – Call 811 (refer to Action Pages!)
4. Brand Name Food List – [www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)