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 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:
3. Dietitian Services at HealthLink BC – Call 811 (refer to Action Pages!)
4. Brand Name Food List – www.brandnamefoodlist.ca