



Acknowledgements

Ideas for this binder were compiled from a variety of successful programs. Please note the resources and websites provided at the back of this binder for all resources and additional information.

Disclaimer: Website references contained within this document are provided as a convenience and not for endorsement purposes. Referenced website content may change without notice.





FUNDRAISING THE HEALTHY WAY

Many schools organize fundraisers to raise money for school events and activities. Selling chocolates, baked goods, or other foods with little nutritional value promotes the wrong message within our schools. Selling unhealthy foods implies the school is more concerned about raising money than encouraging healthy lifestyles. Fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviours. Healthy fundraising activities send positive health messages and reinforce nutrition lessons taught in the classroom. Students receive consistent information and opportunities to apply their knowledge.

Benefits of healthy fundraising:

- Encourages healthy eating for students and school supporters
- Supports and reinforces classroom health lessons
- Creates and demonstrates a healthy school environment
- Generates income

How to use the Healthy Fundraising Kit



This binder includes exciting ideas to kick-start your healthy school fundraising. The binder is divided into two sections; "**No Strings Attached**" and "**Get Creative**".

No Strings Attached activities require little or no extra planning or work. **Get Creative** activities require a little extra planning and effort.

Take a look at the extra tools in the *Resource and Website Information Section* to help you with your fundraising ideas.



Healthy Fundraising Policy

What is policy?

Policies generally address *what* should be done, *why* it should be done and *who* should do it. Procedures outline the details of *how* to accomplish a policy's goal.

What is your policy?

Is there a fundraising policy currently in place at your school?

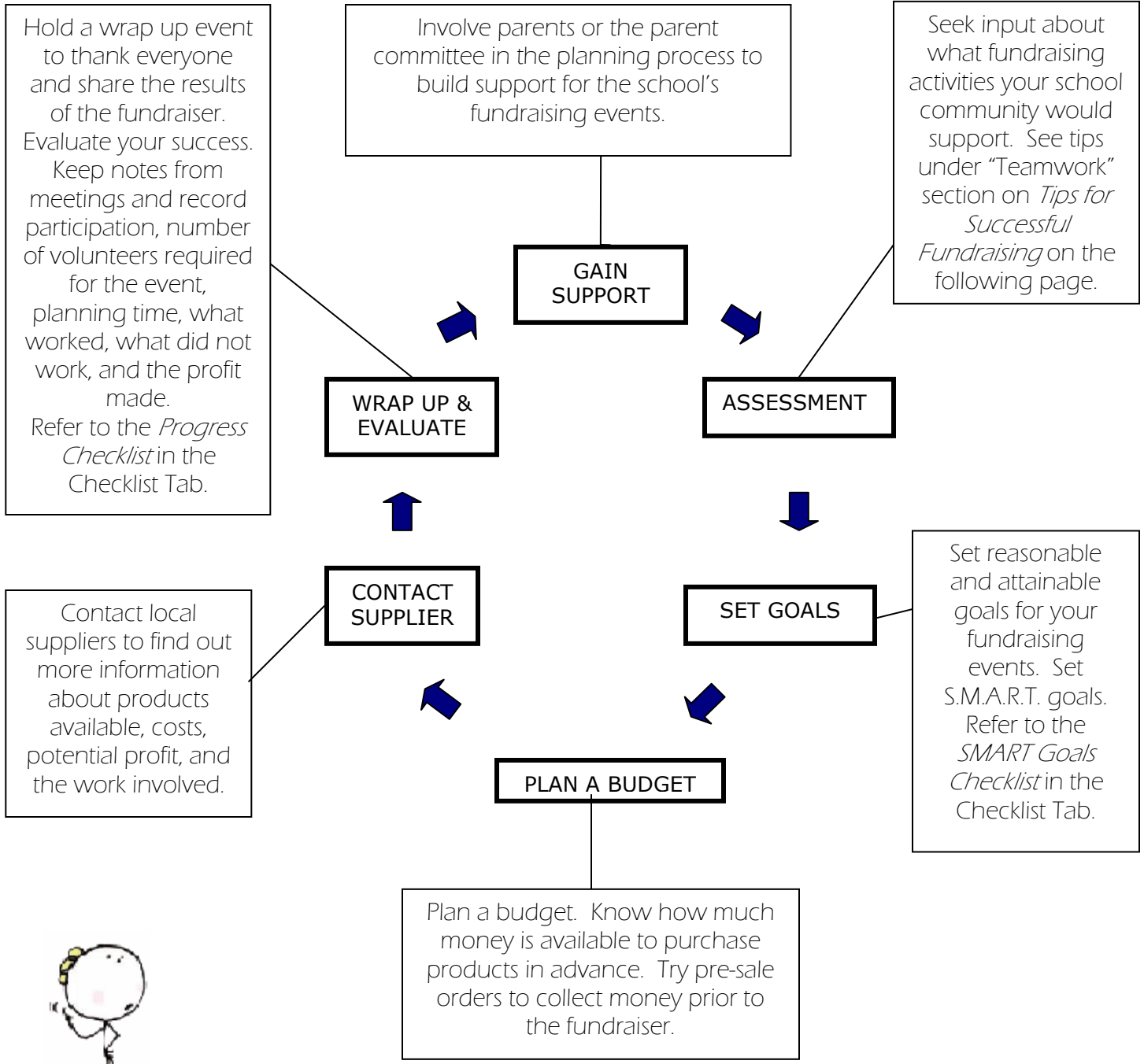
- Create healthy fundraising policy for your school.
- Consider doing a survey to find out what parents, students, and the community will buy and support.
- Make sure to explain why healthy fundraising policy is important in your school.



Healthy fundraisers contribute to a healthy school environment.



Healthy Fundraising Action Plan





Tips for Successful Fundraising

Teamwork

Create a fundraising team to share ideas and the workload. Work with existing school teams, teachers and parents to create a healthy school environment. Contact any schools that have done your fundraiser previously for suggestions, information and resources.

Promotion

Take advantage of resources your school has to offer by incorporating business, art and marketing students to assist with the fundraising event. Promote your fundraiser by using local newspapers, radio and television stations. Advertise well in advance. Have posters and information available around the school and community at least one month before the scheduled event day. Check to see if another event is going on the same day. If another event is occurring, see if a partnership might boost attendance and success. If the event could hinder the fundraiser's success, reschedule to another day.

Kick-off your fundraising event! Announce your fundraiser during an assembly to get students excited. Include the kick-off message into parent-teacher meetings, newsletters or the school open house.



The Secret: **Great Marketing**

A successful fundraiser needs great marketing and advertising. Advertising should get everyone excited about the event and interested in participating. Start your marketing campaign well in advance and include everyone in your kick-off message. Make sure to have support of your principal and school staff, teachers and students. Be creative and have fun with your campaigns.



Evaluate and Celebrate

Take pictures of your events! These pictures can be used for next year's events and provide tips on ways to improve and change for upcoming events. Ask permission from those individuals being photographed.

Debrief after fundraising events and record what worked and did not work for the event. This will assist in making future fundraising events more successful. Celebrate everyone's participation so they know how much their time and effort are appreciated.

Let students know where the fundraising money is going. Students will be keen to participate if they know how the money is benefiting them and their school.

Tip: Display a large thermometer to keep track of how close the school is to achieving the goal. A progress display is a great motivator!





Gaming License

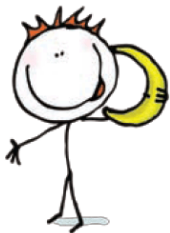
When hosting fundraising game events in Alberta, such as raffles and bingo, a license is required. For information on gaming licenses check the Alberta Gaming and Liquor Commission.

<http://www.aglc.gov.ab.ca/charatiesandnonprofit/default.asp>



Food Safety

When handling food products, always use safe handling practices to reduce risk of food borne illnesses. Consider proper delivery, handling, storage, and transport of perishable and non perishable items. Consult the school's allergy information to determine student allergies. Some students will react from smell or brief skin contact, not only from consuming the food and all proper precautions should be taken.



Contact your local *Environmental Public Health Department* for information on how to organize your food event.

Check out tips on the *Canadian Partnership for Consumer Food Safety Education* website.

www.canfightbac.org



Generating Profits

Here is some basic terminology and guides for determining profits.

Profit Guideline

Average profits for fundraising activities range from 30% - 50%.

To determine the price of items you wish to sell;

- Set a reasonable profit for the item
- Look at your fundraising plans. If you plan many fundraisers, aim for lower profits. If you plan one to two large events, aim for higher profits.

Payment Options

If you work with a company, make sure to ask about your payment options. Some companies request payment up front, others will invoice and allow payment at the end of the fundraising event.

Shipping

Free shipping is usually available with a minimum order size. If shipping is not included, it will result in lower profits for your school.

Sell-Out Programs

Sell-out programs require the school to order items from a company to re-sell to the students. Sell-out programs usually offer less variety as students must pick from pre-ordered stock. There is also a chance of the school having left-over product if the students do not purchase everything the school ordered. However, some companies may charge less per item if the order is large, resulting in a greater profit.



Order-Taking Programs

The fundraising team takes orders for product prior to the event. The order forms are submitted to the company and the school only receives what was ordered. The order-taking technique allows greater variety (product, colour, size) and reduces the risk of having leftover product. Profits may be slightly lower with this type of program versus the sell-out program. The fundraising team is in charge of creating a system for order pickup that ensures product is picked up by the correct customer. (11)





No Strings

Attached



This section includes activities that require little or no extra planning/ work.
Be creative and have fun!



No Strings Attached

Auction

Auction off VIP parking spaces. Have participants pay per ballot to win a chance at a prime location parking space in the school parking lot for a week. (5)

Bake-less Bake Sale

Invite parents and community to contribute a donation to the amount of money they would have spent on ingredients or purchase of baked goods at a bake sale. (12)

Balloon Pop



Before filling a balloon with air or helium, put a piece of paper with a prize or with a positive thought for the day. Charge students for the balloons and have students pop the balloon in hope of winning the prize. Make sure to pick up all popped balloon pieces after the event. (14)

Beat the Goalie

Ask the hockey or soccer goalie for your school or a community team to volunteer their time to have students try to score on them for a prize. Have participants pay for a chance at a goal. Award coupons, certificates or prizes for participants who successfully score on the goalie. (8)

Candles

Buy scented candles in bulk and place into mason jars or a glass container. (10)



No Strings Attached

Children's Sing-Along

Invite a children's singer to perform at your school, local community hall or park. Pre-sell tickets to a sing-along. Sell healthy refreshments during the event. (4)

Coin Guess



Charge students a small fee to guess the number of coins in a jar or the total worth of the jar. The winner receives all the coins and you raise money by charging a fee for a guess. (8)

Crazy Hat Day

Have students pay a small fee to wear a crazy hat to school for the day. (8)

Dance

Ask local dance teachers to volunteer their time to teach a dance class for the students. Charge a small fee for participants who wish to participate.

Tip: This is a great way to try different physical activities! Have instructors teach yoga, judo or anything else students would be interested in. (14)



Debate



Research a number of debate issues. Invite a student and teacher to debate on an issue. The issue can be fun and light. Charge the audience a fee to come and watch. (8)



No Strings Attached

Don't Buy Sale

The "don't buy" event never happens except on paper. Donations of a loonie or toonie are requested to participate and support the cause. Participants have an opportunity "not to buy" chocolate bars, cookie dough, or candy to support the school. (7)

Dunk-a-roo



Rent a dunk tank and have students and teachers sign up. Charge a fee for three bean bags and a chance to hit the bullseye and dunk the staff member or student. Charge an attendance fee to this fun event. (14)



Fly on the Wall



Sell duct tape by the piece to students for a chance to duct tape their teacher to the wall. (13)

Game Show

Recreate one or more of the classic game shows and charge contestants a small entrance fee. Sell tickets to the audience.

Tip: Have small prizes for audience members as well. (8)

Gift Wrapping

Take advantage of the holiday season. Arrange with the local mall to provide students for the community booth to wrap Christmas presents. Being involved in community events will allow the community to participate in school's fundraising events. (14)





No Strings Attached

Hoops!

Purchase prizes from a discount or dollar store. Have participants pay a fee for a chance to throw a hoola hoop over the prize they wish to win. If the hoop completely lands over the prize, they win the prize.

Tip: Include mystery goody bags full of non-food goodies! (8)

Hug-a-gram



Have students buy real hugs for a dollar. Deliver the hugs to the designated student along with a small card with a message from the person who sent the hug. (8)

Karaoke Competition

Rent a karaoke machine and hold a competition. Charge a fee for participant registration and for spectators. Hold the competition during the lunch hour or another time when attendance would be high.

Tip: Hold a lip-sync or air band contest where students pretend to sing and play their favourite song. (14)



Kidnap a Teacher

Challenge the classes in the school to raise money with some friendly competition. The class who raises the most money can kidnap their teacher for a day. The class then gets a fun afternoon with games or a movie. (3)



No Strings Attached

Limbo

Sell tickets for students to participate in a limbo contest. Award the winner with a prize or certificate. (13)

Locked Prize



Put a donation or purchased prize in a large container secured with a padlock that has two keys. Sell one correct key along with a bunch of fake keys. Have students buy keys for a chance to win the prize. Make sure to keep the other correct key. (5)



Milk Moo-stache



Set up a milk moustache booth. Take pictures of students and teachers with milk moustaches and sell them for money. (7)

Non-Event

Hold a "non-event". Send out invitations with all the information of the non-event. Include information such as when the event will NOT take place, when the dinner will NOT be served and what entertainment will NOT be provided. Send out invitations that say, for example: "*Name of school* is holding its annual Formal Dinner Non-Event. The event will NOT take place on September 22. Dinner will NOT be served at 6pm." Then mention all the money they will save by not having to attend your event, such as new clothes, babysitting, parking, cost of dinner, etc. Ask for a donation equalling the amount of money they would have spent. (4)



No Strings Attached

Party in the Park



Host an afternoon of fun games for children at a local park. Include entertainment such as; face painting, frisbee or bean bag toss contests, physical activity challenges or arts and crafts. Charge an entrance fee and have older children volunteer to help run the activities. (4)

Pedometer Challenge

Sell pedometers to students and teachers and challenge them to accumulate steps equal to walking to a far away destination. (13)

Penny Drive

Set up a jar for each class outside the school office or a safe spot. Each class competes against other classes in the school. Children are asked to bring in loose change. The jar with the most change is announced the winner. (14)



Piñata Contest

Purchase a piñata and fill it with dollar store goodies that are healthy such as toys and craft items. Charge a fee to have each blindfolded student have one turn at trying to break the filled piñata. (8)





No Strings Attached

Pitch-a-Thon

Rent a radar gun and measure how fast participants can throw a baseball or kick a soccer ball. Charge \$1 per try and give a prize to the fastest participant. This is a great event to hold on its own or during a games carnival. (8)

Raffle

Ask for local community support by asking businesses to donate any movie tickets, sporting game tickets or clothing items for a raffle. (14)

Recipe Book



Develop a healthy eating recipe book to sell. Be sure to use your school Food and Nutrition teacher as a resource. (14)

Rent-a-Band

Make the school band or choir available for the community to rent for a fee or donation. (5)



Rent-a-Helper

Hold an auction for services that students could provide. Possible jobs include raking leaves, watering gardens, walking the dog, shovelling snow or any other chores. (14)



No Strings Attached

Scary Parade



Invite students to participate in a parade dressed in their Halloween costumes. Have students donate loose change to participate in the parade or charge parents to come watch the parade.

Tip: Charge extra money for Polaroid pictures taken of the student in their costume. Make a slideshow of the parade. Use a digital camera and make copies for purchase. (4)

Singing Telegrams

Organize singing telegrams where the message is sung out loud for the recipient. Make sure to arrange a time for the telegrams to be delivered with the principal and teachers that will not interrupt class time.

Tip: Make it a big show and have the band help out with music! (14)



Spelling Bee

Ask a teacher to help pick challenging words from the dictionary depending on age level. Have participants and spectators pay to participate. Hold the event during lunch or after school. Ask a local store to donate a prize for the winners. (8)

Sumo Fun

Rent a sumo suit and have students and teachers challenge each other in the suits. Charge a participation and attendance fee. (14)



No Strings Attached

Theme Days

Hold theme days where students pay a small fee to dress up according to the theme. Pick any theme, such as; pyjama day, backwards clothes day or crazy hair day.

Charge the teachers double the student fee to participate. (14)

The Ultimate Challenge

Organize a teacher versus student or parent sports game. Charge an admission fee to come watch the game at your local gym facility.

Tip: Encourage a local sports team to take on the school team. (10)



Ugly Tie Contest

Invite students to wear the ugliest tie they can find to school. Have students pay a small fee to participate. Have the students nominate the worst tie from each class which will compete against the other winners in the school. Then have a vote for the worst tie in the school, with the winner receiving a prize. (8)





No Strings Attached

50/50 Draw

Purchase a roll of raffle tickets from a dollar store. Look for tickets that have two sections that can be torn off and have a serial number on each ticket. Sell the tickets to parents at school events. Sell the tickets for \$1 for one or three tickets for \$2 and \$5 for an arm's length of tickets. When a ticket is purchased, rip off one end and give it to the donor. Place the other half of the ticket in a bucket or box. To draw a winner, simply reach into the bucket and announce the winning serial number. The prize of the 50/50 draw is half of the amount collected from ticket sales. (14)





Get Creative



This section includes activities that require a little extra planning and effort.
Put your thinking caps on and have fun!



Get Creative

Anything -a-Thons!

Walk, Rock, Run, Skate, Dance, Bike, Skip ... for Health

Get started:

- Create a pledge form for the participants to collect sponsors and money
- Book an area where the event can be held such as the school gym or cafeteria
- Advertise your event
- Post your event information on the school website
- Invite a local newspaper to do an article on your event
- Get your community involved! Ask local businesses to support your cause. (5)



Garb-a-thon

A great way to clean up the community! Work with your city for extra support. Students can raise pledges per bag of garbage collected and verified by a city official. (6)

Read-a-thon

Students collect pledges for each book read. (14)



Back to School Sale



Buy stationary or school supplies in bulk to help students get organized for back to school. Sell items during the first week of school. Include school logo pens, pencils, and binders for sale to boost school spirit. (14)



Get Creative

Banana Splits

Organize a banana split making station or sell banana splits. Use healthy food options such as frozen yoghurt, granola and real fruit. Charge the students for their participation. (13)



Board Game Tournament

Organize a board game tournament by providing various games that students can participate in for a fee. Charge an entrance fee for spectators. Have students donate board games for the event.



Tip: Host a monopoly tournament. Local businesses can sponsor a table by matching players' money with a penny, nickel, dime or more per monopoly dollar. (11)



Boat Race



Organize a boat race on a local body of water such as a small lake. Have students create boats to enter into the challenge. Charge a participant and spectator entrance fee. Award the winner of the race with a trophy or prize. Have other prizes for most creative boat and best decorated. (8)



Get Creative

Bottle Drive

Call your nearest Bottle Depot to find out which empty beverage containers are accepted and the refund rates. The depot will provide you with the information required for faster redemption such as required quantities and container types per bag. Ask the depot to help you plan a date that does not conflict with other drives in the area. Decide if you prefer collecting door-to-door or collecting containers at a central site such as the school. Keep in mind that collecting door-to-door requires more volunteers with vehicles while collecting at a central site might require more advertisement to have residents drop off their items. For more information check the guide "It's always a nice day for a drive!" in the resource section. (1)



Book Sale

Host a used book sale at your school or in the community. Advertise and collect books for the sale from family, friends and students. Make sure to start collecting the books well in advance. Price the books, display on a table and sell them. Donate leftover books to a shelter, library or to another school. (8)

Car Wash



Organize a car wash on your school parking lot or at a community location. Make sure to advertise the event well within your community. Pre-sell tickets to ensure that the event will be a success. (14)

Tip: Promote tickets as great gifts for friends and family!





Get Creative

Cheesy Basket

Arrange cheese and jam baskets to be sold around the holiday season in the community. Purchase cheese and jam in bulk to cut on costs. (10)

Tip: Arrange a fruit basket for sale.

Class Calendar



Have students enter their artwork to be submitted into the school calendar. Select 12 pieces and have the calendar printed at a copy store that is able to do calendars. Sell them to parents as well as the community to raise money for your school.

Tip: Sell dates in the calendar! Have people buy birthdays for their children or special events to be printed in the calendar. (3)

Class Photo in Pieces



Create a jigsaw puzzle of the class photo. Sell the puzzles to the friends and family members of students. (5)



Concert



Hold a concert featuring students from the school. Charge a small fee to have parents and community members attend. Have classes put on small skits or group songs. This is a great way for the school to come together! (14)



Get Creative

Day of Community Service

Contact organizations within the community that could benefit from teams of students volunteering for a day. The students collect pledges to do community service for a day on a weekend. (8)

Dog Show

Ask a city official if you would be able to hold a dog show at the local dog park or on school property. Once you have permission invite students and parents to come out to show off their dogs in a show. Have participants pay to enter and offer a prize or a printed certificate for the best groomed dog, most and least obedient dog, best dog name, and anything else you wish.

Tip: If you are unable to pay for prizes, offer a certificate for each category where the dog's name can be printed. (8)



Flower-a-Grams



Buy flowers from a local flower shop. Choose a day when the flowers will be distributed (any day or on a special occasion such as Valentine's Day). Organize a booth where students can buy tickets to send a flower to anyone in the school. Have volunteers deliver the flowers. (14)



Get Creative

Fruit and Veggie Sale



Many local farmers have crops they would like to sell in bulk. Ask around to see if you could organize a fruit or vegetable sale. Apples, potatoes, beans, onions, carrots, or anything in season will also reduce the cost. Take orders beforehand to know the exact amount you need. (10)

Tip: Check if your community has a *Good Food Box*. The *Good Food Box* is a food distribution system that provides a variety of top-quality, fresh, nutritious foods at an affordable price by purchasing foods in bulk.

Fruit Popsicles

Use popsicle trays to freeze 100% fruit juice. Sell the fruity popsicles to students. (13)

Funky Fashion Show

Choose a theme for your fashion show such as wacky sports wear, flashback to the 50's, 70's or 80's, zoo animals or any theme you can think of. Encourage students with their parents' permission, to collect themed clothing from around their houses. Remember you can always add to your regular clothing to get any look you want. (14)

Garage Sale

Collect donated items from your school community for a garage sale. (14)





Get Creative

Grad Packs

Offer a grad pack to students who are graduating. Include a mug with the graduating year, a picture frame for the class photograph and a gift with the school logo. Offer the grad packs to parents of the graduating class. (5)

Tip: Create an order form to know how many grad packs you will need.

Try to purchase items in bulk to save on cost.

Gross Bath

Fill a kiddie pool with something gross, such as jello or baked beans. Have students collect pledges to have their teacher sit in the kiddie pool for a certain amount of time. Challenge classrooms to collect pledges with the top couple of teachers having to sit in the gross bath.

Tip: Add different substances after a certain amount of time to make the event more challenging and gross. (8)

Healthy Snack Stand



Sell fresh fruit and veggies, fruit smoothies or fruit and yoghurt parfaits at the school canteen. (14)

Tip: Make it a health fair day! Ask local farmers and recreation organizations if they would like to participate and set up booths at the school.



Get Creative

Lunchbox Auction



Have volunteers donate healthy lunches or snacks and auction them off to staff, parents, and community members. (7)

Remember: Keep cold foods cold and hot foods hot.

Math Marathon

Host a math marathon. Students are invited to participate to answer 100 challenging math questions in 60 minutes. The students can gather pledges to participate in the event. Make shirts or posters congratulating the student with the highest amount of pledges. (4)



Miniature Golf



Turn your school into a 9- hole miniature golf course. Borrow putters from parents and students, make sure to label the putters. Keep track of the putters by signing them out to teams. Include ramps, water and obstacles. Charge a fee for students to play a round of golf during lunch or after school. (8)



Mix It Up

Get Creative



Host a delicious wacky drink contest. Have participants enter in a team of 3-4. Have each team create a smoothie drink with only 3 or 4 ingredients. Have a small group of teachers judge the drinks after they have been completed. Add a Twist: Right before the end of the contest announce an ingredient that each team must use such as a splash of orange juice or anything else that is healthy and edible. Charge students a small fee to taste and judge the contest. (14)

Tip: Have each team name their drinks.

Music Sale

Create music CDs. If your school permits, have students record their own songs or versions of popular songs. (5)

Olympic Day



Host school wide Olympics. Charge a small fee for student participation and spectators. Award medals to the winners. (13)

Picture Opportunity

Raise money by offering family portraits. Invite a photographer or have students interested in photography help out.



Tip: Have a photographer come to the school in October to have photographs ready for the holiday season. (3)



Get Creative

Poinsettia Sale



Buy bulk poinsettia from a local gardening center to sell from October to middle of December. Poinsettias are a great gift idea during the holiday season. Take orders from parents, friends and community members. (4)

Pumpkin Decorating Contest

Hold a pumpkin decorating contest for the school. Have the students sell the decorated pumpkins in the community. Make sure to ask a local pumpkin farm for support; ask if they are able to offer a discount on the pumpkins. (8)



Quilt Raffle

Have a class sew a quilt to hold for a raffle or an auction. Everyone can bring in a piece of material of their choice adding their own personal touch to the project. (3)

Red and Gold Sale

Purchase red and gold apples in bulk from a local supplier. Some grocery stores may be willing to donate apples. Arrange the apples in decorative baskets and sell during the fall or during the holidays. (5)



Get Creative

School Garden



Plant vegetables, herbs and flowers in a school garden or greenhouse. Have a volunteer group of students and supervisors look after the crops while they are growing. Sell the produce and flowers to parents and community members. (7)

Tip: This idea may work best in the fall as harvest is usually late summer to fall.

School Sale

Organize a school craft sale. Have classes contribute various items. Include teachers in the planning so they can create a lesson plan that will include time for the crafts to be made. (14)

School Snapshot

Take pictures throughout the school year at various sporting, art, fundraising and school activities. Produce and sell an annual school calendar. (14)



School Spirit



Create items with the school logo - bumper stickers, stickers, buttons, air fresheners, key chains, locker locks, lanyards, towels, megaphones, stuffed animals, bags, water bottles, travel mugs, pens, pencils, erasers and the list goes on! Sell to the students, teachers, parents and community at school events. (5)



Get Creative

Science Fair

Hold a science fair that is open to the parents and anyone who wishes to come. Charge a fee to enter the science fair. (5)



Silly Teachers

Organize an event where teachers perform silly activities or show off their weird talents. Charge a small admission fee. (5)

Student Art Sale

Set up your gym into a gallery. Showcase various art or photography submitted by students and have parents and community members bid on the items, with the highest bid winning the item. Have the artists at the event to chat with the potential buyers. (14)

Tip: Each piece could also be sold for a set price if an auction is not possible.





Get Creative

Tennis Ball Race

Buy a large number of tennis balls and write consecutive numbers on them. Sell the balls for a fee. Have a volunteer or community member offer a front-end loader or a truck. On the day of the tennis ball race, the balls are dumped from the truck down a hill in the community to a finish line for a chance at a prize for who bought the ball. Make the finish stop the balls and keep them contained at the bottom of the hill. Make sure to have volunteers judge the event and clean up all the balls. (4)

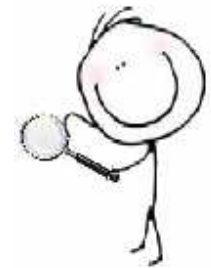


Tip: Draw numbers from all the participating ball numbers for an extra prize. Make sure to record who bought which numbered ball for prize purposes.

Treasure Hunt



Organize a treasure hunt that includes school trivia, skill testing questions and fun games throughout the event. Have teams enter for a minimal cost. (14)



Tip: Have the students search for the school mascot, school uniform or anything that is specific to your school.

Tree Planting



Ask a nursery for seedling donations. Ask the community to sponsor a tree that the children will plant in an approved location. (8)



Get Creative

Umbrella Race

Have students race while dragging an open umbrella for extra resistance. Have teams decorate their umbrella and then run a relay. (13)

Used Clothing Sale

Ask students, parents and your community to donate clothes to hold a second time around clothing sale. (14)

Tip: Feature a theme such as prom dresses or Halloween costumes.



Workshops

Organize workshops on different subjects or sports throughout the year. Have participants pay for attendance. Include workshops on cooking, photography, web-page design or athletics. (14)

3 on 3 Basketball Tournament



Host a 3 on 3 basketball tournament at your school gym. Charge a team of 3-4 players \$15- \$20 to participate and find local sponsors to donate prizes. This can also be done with soccer, tennis, badminton, or any other sport. (4)

Tip: During the tournament hold a free throw competition where participants pay \$1 - \$2 for a chance at a prize and the title of "free throw champ" of this event. Keep track of the participants' scores to crown the winner.



Additional Ideas





Need a Little Extra Help?

Take a look at companies that help with School Fundraising Programs.

Please Note: Company names are provided for information, and not an endorsement. There may be more companies offering similar services.

Batteries

Battery sales through one of the companies can provide a great product that everyone needs while making profit at the same time.

The following company offers batteries for fundraising in Canada:

People Causes

www.peoplecauses.ca

Gift Catalogue

This company offers gift catalogues to order from. A great idea for the holiday season!

Regal

www.fundraisingwithregal.com



Peeler Cards

Peeler cards are coupon books with '2 for the price of 1 coupons' for local retailers that choose to participate. The card is the size of a business card and is easy to distribute. They are typically valid for 1 year after purchase. The peeler cards offer flexibility as they can be sold in three different ways.

Consignment - Pay for the cards you sell. Unsold cards can be returned. Be aware of the minimum number you have to commit to buying.

Customized - Purchase customized cards with your school logo and commit to purchase a certain number. Be aware that the minimum purchase is higher than with consignment cards.

Prepayment - Purchase a certain number of cards and pay up front. The advantage is that the minimum purchase is low and you own the peeler cards.

Community Fundraising

www.peelers.ca

Scratch Cards

Scratch cards allow the customer to scratch one or more circles on the donor card. The number they scratch off could be anywhere from \$0 to \$2.50. The amount uncovered is how much the customer will donate to the fundraising event. For the donation, the customer receives a sheet of coupons.

Readers Digest QSP

www.scratchcard.ca



Flowers, Bulbs and Garden Seeds

This is a great project that is also environmentally friendly. This program can run spring or fall. Depending on the season, the fundraising team can sell flowers, bulbs or garden seeds.

Vesey's Seeds

www.veseys.com/sub.cfm?source=482

Customize!

T-shirts, mugs, buttons, caps, framed prints, tea towels, ties, anything you choose can be printed with your event name or school logo. A great way to celebrate students' artwork by uploading it and printing it on any item you choose.

Spreadshirt

www.spreadshirt.com

Sell customized t-shirts, sweats, accessories, gifts.

Café Press

www.cafepress.com

Sell t-shirts, mugs, stickers, mouse pads, clocks, tote-bags.

Custom Ink

www.customink.com

Sell customized t-shirts, hats, drink ware, outerwear, bags, stuffed animals.

School Fundraising

www.schoolfundraisingcanada.com

Sell customized plaques, fridge magnets, coasters, cards.



NobleWalters

www.noblewalters.com

Sell customized tea towels. Information Package can be found in the Resources section.

Recycling Pays Off

Recycling programs require little effort and can run all year round. Recycling programs allow the students to learn more about the importance of recycling while reducing the amount of potentially toxic waste in our landfills.

Collect empty laser and inkjet cartridges to be remanufactured.

Encourage parents to take the information about the program to their work and ask their employers to donate any empty cartridges or cell phones. The company might be able to ship the product for you with the name of the school addressed so the money goes directly to the school.

Companies offering Printer Cartridge Recycling in Canada:

The Inkwell

www.ibuyempties.com

Additional information can be found in the Resource section.

Ink Bank Inc.

www.inkbank.com

Additional information is available in the Resource section.

This Company offers a Cell Phone Recycling Program in Canada:

Charitable Recycling

www.charitablerecycling.ca



Mini First Aid Kits

Sell small ready to go First Aid Kits.

Ouch Pack Fundraisers

1-888-643-FUND

www.ouchpack.com

Magazine Subscriptions

MORE INFORMATION

1-800-661-7240

www.qsp.ca



Tools and Forms





Steps to developing a Healthy Fundraising School Policy

The following steps can be used to develop a healthy fundraising policy within your school. Use these steps to create a permanent healthy school environment.

Step 1. Gather information and seek support

- Is there a policy on healthy fundraising already in place in the school?
- If there is a policy, does it need to be updated or changed?
- Discuss with the principal/ vice-principal who writes a new policy, what approvals are needed and how the policy is implemented.
- Check if the school board has an existing healthy fundraising policy in place.
- Consult with other schools that have a fundraising policy.
- Check with your local public health unit, provincial legislation, members of the community and school for any information or ways they will be able to assist you.

Step 2. Write a draft healthy fundraising policy

Consult your local school board for the format to be used. Consult with your principal or vice-principal regarding the content of your policy.

Step 3. Circulate the draft policy and seek feedback

Circulate the draft policy within the school community for feedback. Make copies of the policy easily available to share with staff, at school meetings and post a draft on-line.



Step 4. Prepare a final version of the policy

Re-draft the policy using the feedback gathered.

Step 5. Implement the policy

Create a plan of how the policy will be communicated to the school community and how the policy will be evaluated. Celebrate the new policy with a launch party. Have copies of the policy available for staff, parents and students.

Step 6. Evaluate and review the policy

Seek feedback from students, staff and parents to determine if there are any problems with the policy and whether the policy is achieving what you had intended. Review the policy on a regular basis, such as every 6 to 12 months, to keep it appropriate and current.



SMART GOAL CHECKLIST

SPECIFIC

- Does your goal answer the 5 w's?
 - Who?
 - What?
 - Where?
 - When?
 - Why?

MEASURABLE

- How will you measure your success? Have a simple goal that you will know when you have achieved.

ATTAINABLE

- Is this goal something that the school can do? Set goals that are within your reach.

REALISTIC

- Make your goal something that is possible and not out of your scope.

TIME-BASED

- Set a timeline of when you want to achieve your goal.





Tips for a Newsletter to Parents

SCHOOL NAME

DATE

Dear SCHOOL NAME Parents:

- The body of the letter should include the schools new policy on healthy fundraising.
- Explain the reason for fundraising events throughout the school year.
- Describe the events that are planned for the upcoming school year and what monetary goal you are working towards.
- Include a breakdown of how the money being raised will be used.
- Include a schedule of meeting times and invite all parents to come to discuss the events planned for the year.
- The first newsletter could also accompany a survey of what activities parents would support in the school.
- Follow up each event with a newsletter to notify parents of the success of the fundraising events and money raised relative to the goal for the school year.
- Include contact information for the members of the school's Parent Teacher Association.
- Include contact information for the school fundraising committee.
- Have a principal or vice-principal approve the newsletters before distributing.



Healthy School Fundraiser Progress Checklist

Use this checklist as a report card of how your school is doing in
creating a healthy school environment.



	Fully in Place	Partially in Place	Under Development	No	Not Applicable
All stakeholders including teachers, parents, students, school board, etc., participate in healthy fundraising policy.					
The school promotes and uses healthy food, physical activity and other creative ideas for school fundraising.					
Teachers and students understand the importance of healthier food options, physical activity and healthier fundraising within the school.					
Healthy fundraising has encouraged the school to incorporate healthy food choices in school.					
Healthy fundraising has encouraged the school to increase physical activity levels in students.					
Evaluations of healthy fundraising events are showing positive feedback from the students, teachers and parents.					
The successes of the fundraising events are celebrated and each event's success is communicated to the students, teachers, parents and community.					

Adapted from the Palliser Health Region Community Nutritionists School Nutrition Handbook



Share Your Success Story

Send the *Healthy Weights Team* a description of your event along with a picture and your school could win an Awesome Prize !

Healthy Weights - Population Health Department
Alberta Health Services
801-1st Avenue South
Lethbridge, Alberta
T1J 4L5
Phone (403) 388-6655 ext. 3496
kderbyshire@chr.ab.ca



Any pictures submitted might be used in *Healthy Weights* presentations and/ or materials. Make sure all participants fill out the **Alberta Health Services Consent to Photography, Video and/or Sound Recording** prior to the event.



**CONSENT TO
PHOTOGRAPHY, VIDEO and/or SOUND RECORDING**

I, _____ PERSON OR PARENT/ GUARDIAN hereby authorize Alberta

Health Services to take or cause to be taken:

- Still photographs
 - Video Recording
 - With sound
 - Without sound
 - Sound recordings only
 - Media Interview (Alberta Health Services Internal or News Media) of
 - myself or _____ NAME AND RELATIONSHIP
- and to use these photographs/ recordings for (indicate purpose and media involved)

- Legal _____
- Medical _____
- Education _____
- Corporate Communications _____
- To use my name and/ or photo for newsletters, news media, schools, calendars, bulletin boards and other Alberta Health Services publications and promotional materials
- Other (Specify) _____

I hereby expressly waive any and all claims against Alberta Health Services in any manner whatsoever relating to the said photographs and/ or recordings.

Please Circle: Individual Parent Legal Guardian

WITNESS OF SIGNATURE

DATE



Resources and Websites



RESOURCES AND WEBSITES

1. Alberta Beverage Container Recycling Corporation
www.abcrc.com
2. Alberta Gaming & Liquor Commission
www.aglc.gov.ab.ca/charitiesandnonprofit/default.asp
3. CanTeach
www.canteach.ca/elementary/classman7.html
4. Community Services Council Newfoundland & Labrador
www.envision.ca/templates/blank.asp?ID=94
5. DASH BC - Healthy Fundraising for Schools
<http://www.dashbc.org/upload/Healthy%20Fundraising%20for%20Schools.pdf>
6. Healthy Alberta
www.healthyalberta.com/HealthyPlaces.632.htm
7. Fundraising with Healthy Food and Beverages - Nova Scotia
http://www.ednet.ns.ca/healthy_eating/pdf/NS-Fundraising-LoRes.pdf
8. Free the Children
www.freethechildren.com
9. Happily Ever Active
www.lucypink.com



10. Nutrition Tools for Schools - Healthy Choices for School Fundraising
<http://www.myhamilton.ca/NR/rdonlyres/B07CAD16-DB89-43EF-9C2B554E4DE195E6/40960/FactSheetHealthyChoicesforSchoolFundraising.pdf>
11. School District 2 Healthy Fundraising Ideas September 2005
<http://www.district2.nbed.nb.ca/documents/health/healthy-fundraising-ideas.pdf>
12. Sweet Deals: School Fundraising Can be Healthy and Profitable
Centre for the Science in the Public Interest
www.cspinet.org/schoolfundraising.pdf
13. Student ideas gathered by the East Central Health Healthy Weights Initiative Team at the Junior High Provincial Leadership Conference in Marwayne, Alberta, October 2008.
14. Healthy Weights Initiative Team, Chinook Health Region.