

Healthy Fundraising Ideas



Fundraising helps to promote and support local events and activities

Children, youth, families and communities are interested in the benefits of making healthy choices. The following fundraising ideas promote physical activity, healthy eating, and a healthy environment.

Healthy Non-Food Fundraising Ideas

- Hold fun and interesting events (with admission) and serve healthy food and beverages. Event themes could include:
 - Battle of the bands
 - Open mic night
 - Movie night
 - Winter carnival
 - Active video games
 - Silent auction
 - Talent shows
- Organize a walk-a-thon or skip-a-thon get creative ... try mixing themes (e.g. Halloween Walk-a-Thon)
- Host a yard sale and sell donated items
- Hold a used book sale
- Sell temporary tattoos with group logo
- Organize a bottle drive or recycle empty printer cartridges
- Offer singing telegrams
- Sell seasonal flowers, bulbs, seeds or potted plants
- Personalize calendars, sports cards or healthy cookbooks
- Develop greeting cards designed by students
- Create and sell homemade jewelry
- Offer gift wrap, Christmas cards, or stationery
- Hold 50/50 draws at community games and events
- Sell cloth bags with team logos
- Send banana-grams instead of candy-grams
- Create a book compiling local children's stories, pictures and jokes
- Sell candles or other decorative items
- Host dinner theatres with school or community band
- Offer a spring, yard clean-up service
- Hold a gift basket auction

Healthy Food Fundraising Ideas

Consider selling the following foods as a means to raise funds:

- Locally grown vegetables
- Citrus fruits (e.g. oranges, clementines)
- Frozen food items (e.g. fishcakes, fruit, vegetables)
- Cheese
- Spices
- Canned or dried fruit
- Plain popcorn
- Whole grain pasta or pizza crust and sauce kits
- Sandwiches on whole grain bread, wraps or bought certificates
- Whole grain-based muffin mixes

For healthy food ideas, check out *Canada's Food Guide* at www.healthcanada.gc.ca/foodguide and the *Brand Name Food List* available at www.livinghealthyschools.com

Healthy Students Healthy Schools

Some of these great fundraising ideas were provided by local students. There are plenty of additional ideas for events and activities on the *Healthy Students Healthy Schools* website www.livinghealthyschools.com along with information on healthy eating, physical activity, living smoke-free and feeling good about yourself.

Need more information?

Contact your Regional Nutritionist to answer questions about healthy food and beverages.

Together, we can make the healthy choice the easy choice!

