

Why should schools

avoid unhealthy food-related fundraisers?

Schools encourage healthy eating habits by avoiding the cookie and candy bar sales as well as other unhealthy food-related fundraisers. Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. When unhealthy foods are sold as part of a "good cause," students may think that such foods are a healthy part of a balanced diet. However, cookie and candy bars have little nutritional value, and using them in fundraisers contributes to poor eating habits.

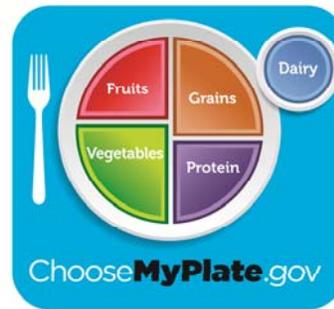
Positive Options

This brochure has a list of activities for school fundraisers that have a positive impact on students, families and the community. This is not a complete list; many additional ideas exist for successful fundraising.



For more information and ideas for
Healthy Fundraisers visit:

www.fireupyourfeet.org/healthy-fundraising
www.pta.org
www.nojunkfood.org/fundraising/tosell.html
www.ptotoday.com/fundraising-ideas
www.donorschoose.org/
www.scholastic.com/home/



Child Nutrition Services
1500 N Avenue
National City, CA 91950
Phone: 619-336-7730
Fax: 619-336-7531



Healthy Fundraising

Information for Parents and Staff



General Information

- ◆ Only foods and beverages meeting the guidelines will be sold on campus.
- ◆ Only snacks meeting the guidelines will be served during the school day or after school.
- ◆ Only foods or beverages produced in a commercial kitchen or facility which is subject to regular health inspections by a local, state, or federal agency may be served to students; no homemade foods of any kind may be served.



Fundraising Activities

- Garage sale
- Prize Drawings
- Carnival
- Giant game of musical chairs
- Movie Night
- Guessing Games
- Craft Show
- Magic Show
- Haunted House
- Festivals
- Recycling Drive
- Karaoke Competition
- Chess, Checkers or other tournaments
- Treasure Hunt or Scavenger Hunt
- Car Show
- Donation Drive



Please check with your school principal before planning any type of fundraising.

Examples of Items You Can Sell

- School spirit apparel and merchandise
- Candles
- Greeting Cards
- Gift Wrap, Boxes and Bags
- Balloons
- Student Art as keepsakes
- Calendars
- Buttons and pins
- Gift Certificates
- Gift Catalogs (Non –food)
- Healthy Cookbook
- Scratch Cards
- Customized Stickers
- Tupperware
- Flowers
- Plants
- Stuffed Animals
- Picture with Santa
- Pumpkins



Staff Support



NSD staff and community members are encouraged to serve as positive role models. NSD staff will encourage all students to lead a healthy and active lifestyle.

Support Academics

- Read-a-thon
- Science fair
- Spelling bee
- Book fair

Support the Arts

- Art show
- Concerts
- Dances
- Plays and Musicals
- Talent Show

Support

Physical Activity

- Teacher/Student competition
- Walk-a-thon
- Bike-a-thon
- Jump-rope-a-thon
- Fun walks or runs
- Sports Tournament
- Bowling
- Skate Night

Examples of Healthy Food Items You Can Sell

- Fresh Fruit
- Fresh Vegetables
- Fresh Fruit Juice
- Fruit Baskets
- Nuts
- Trail Mix
- Fruit Smoothies
- Water
- Frozen Bananas
- Fruit and Yogurt
- Granola
- Crackers
- Vegetables with Dip
- Dried Fruit

