

## Healthy Fundraising Ideas

# CASH **WITHOUT** CALORIES!

healthy  
kids learn  
better

Research clearly demonstrates that good nutrition is linked to better behavior and academic performance.

Finding alternatives to unhealthy fundraisers, such as bake sales, will promote a healthier school environment. Select and use your favorite healthy fundraising ideas from the list below!

- Activity theme bags
  - Hats
  - Stationary
  - School air fresheners
  - Holiday ornaments
  - Stuffed animals
  - Balloons
  - Holiday wreaths
  - Temporary henna tatoos
  - Bath bouquets
  - House decorations
  - Trail mix
  - Batteries
  - Jewelry
  - Tupperware
  - Books, calendars
  - Lunch box auctions
  - Valentine flowers
  - Brick, stone, tile memorials
  - Magazine subscriptions
  - VIP parking spots
  - Umbrellas
  - Yearbook covers
  - Yearbook graffiti
  - Megaphones
  - Buttons, pins
  - Calendars
  - Monograms
- Candles
  - Music, videos, CDs
  - Christmas trees
  - Newspaper space, ads
  - Coffee cups, mugs
  - Fruit and nut baskets
  - Pet treats, toys, accessories
  - Crafts
  - Plants
  - Coupon books
  - Pocket calendars
  - Customized T-shirts
  - Customized stickers
  - Emergency kits for cars
  - Raffle donations
  - First aid kits
  - Front row seats at a special school event
  - Flowers and bulbs
  - Foot warmers
  - Rental of a special parking space
  - Football seats
  - Read-A-Thon
  - Scarves
  - School made cookbooks
  - School art drawings
  - Fruit and yogurt parfaits
  - Fruit smoothies
- School art drawings
  - School frisbees
  - Gift baskets
  - School spirit gear
  - School bumper stickers and decals
  - Gift certificates
  - Science fair
  - Scratch off cards
  - Sell/rent wishes
  - Gift items
  - Items supporting academics
  - Gift wraps, boxes, and bags
  - Souvenir cups
  - Graduation tickets
  - Spirit, seasonal flags
  - Greeting cards
  - Stadium pillows
  - Spelling Bee

continued

### Physically active fundraisers

- Fun walks or runs
- School dances
- Family obstacle course
- Golf or tennis tournaments
- Teacher-student competitions
- 30 day fitness challenges
- Walk/Bike/Dance/Jump Rope -a-thons
- Bowling night

### Additional healthy fundraising ideas

- Lawn mower, snow blower tune-ups (Tech students provide the service)
- IT support for elders (IT students provide the service)
- Salt bag delivery and application for water softeners (Football team provides the service)
- Hold a garage sale (ask parents for donations)

start a  
new trend!

### Additional resources

- *Smart Fundraising for Healthy Schools* Webinar and Resources by Action for Healthy Kids, [www.actionforhealthykids.org/component/content/article/119-resource-clearing-house/1379-smart-fundraising](http://www.actionforhealthykids.org/component/content/article/119-resource-clearing-house/1379-smart-fundraising)
- *Non-Food Ways to Raise Funds and Reward a Job Well Done*. Texas Department of Agriculture, 2004. <http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>
- *Sweet Deals: School Fundraising Can Be Healthy and Profitable*. Center for Science in the Public Interest, 2007. <http://www.cspinet.org/schoolfundraising.pdf>

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