



# Creating Healthy Schools

## Healthy Fundraising

Our school district has set rules on healthy fundraising food items and non-food activities. Each school is required to have School Wellness Policies. These policies include a limit on food sold for fundraising. Families can support healthy fundraisers and encourage healthy habits at school and at home.

### Why is healthy fundraising necessary?

Research shows healthy eating habits may help improve overall health, classroom performance, and help improve memory and concentration. Limiting unhealthy foods brought into schools is one way your child can learn how to make healthy food choices. By encouraging healthy fundraisers at your child's school, you reinforce positive messages about making healthy food choices.

Having healthy food choices at home is just as important as having healthy food choices at school. Your family has the power to control the foods in your home.



### How can I get more involved?

Become active with fundraisers that focus on healthy behaviors. Here are lists of healthy fundraiser ideas:

#### Healthy Food Fundraisers

- Healthy recipe cookbook
- Healthy food items like fruits and vegetables
- Spices
- Custom-labeled water bottles

#### Active Fundraisers

- Fun walks or runs
- Walk-a-thons
- School dances
- Family obstacle courses
- Golf tournaments
- Student-teacher competitions
- Car washes
- Bowling nights

#### Non-food Fundraisers

- Game night, bingo, auctions
- Candles, lotions, soaps
- Greeting cards, stationery
- Plants, flowers, seeds
- Coupon books
- Magazine subscriptions
- Recycling
- School spirit clothing
- Scavenger hunts
- Book fairs
- Grocery store gift cards
- Raffles
- Become a part of the PTA/PTO and speak out for healthy fundraiser options.
- Offer healthy food choices at home.

## Other Resources:

- To learn more about what you can do to get involved with healthy fundraising visit: <https://1.cdn.edl.io/jeTtkv5kCOX2IU4fryJAsnR2wVbpueryAdoMn5MFUwiytHhW.pdf> and look to page 24.
- The Action for Healthy Kids Organization has a quick toolkit for getting involved with healthy fundraising. This can be found: <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-f1.pdf>
- For more healthy fundraising ideas, The Center for Science in the Public Interest has a handbook titled "Sweet Deals: School Fundraising Can Be Healthy and Profitable" located here: <http://www.cspinet.org/schoolfundraising.pdf>
- For additional healthy fundraising ideas, California Project Lean has created a handout which can be found at: <http://www.californiaprojectlean.org/docuserfiles/Ideas%20for%20healthy%20fundraising%20fact%20sheet.pdf>

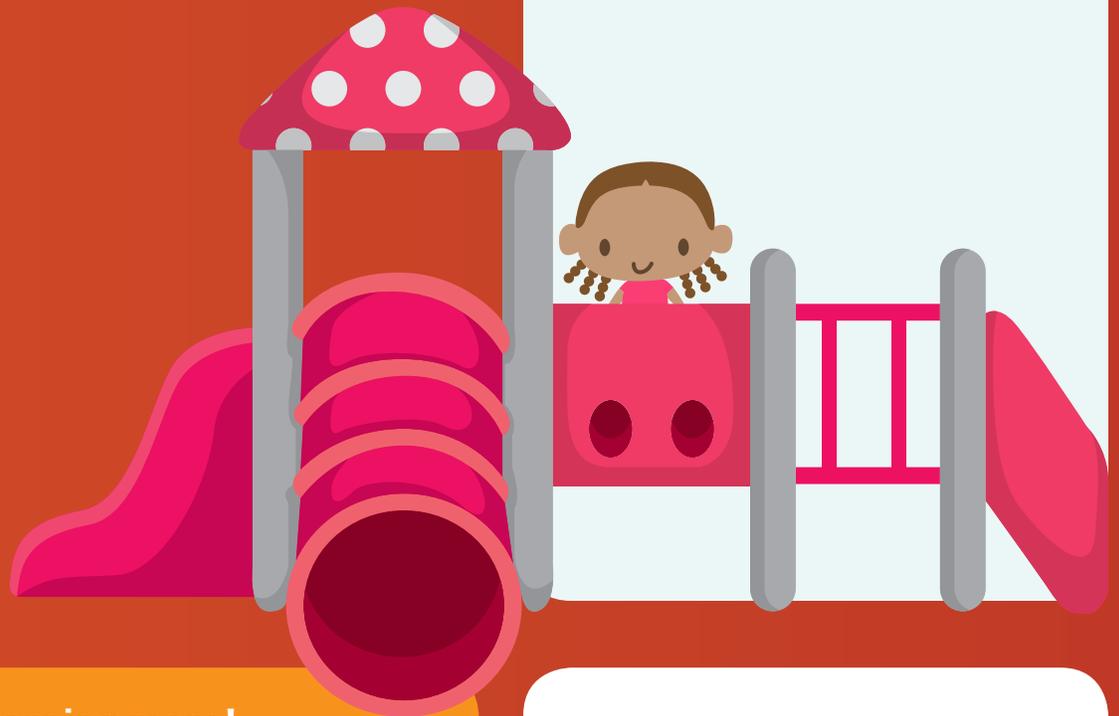
## What have other schools done?

### **Global Montessori Academy, Kansas City, MO:**

Holds several non-food fundraisers throughout the school year. These include a concert as well as flower bulb and trash bag sales.

### **Schwegler School, Lawrence, KS:**

The PTA sold energy saving light bulbs and lawn and leaf bags. Along with the City of Lawrence, the Schwegler School PTA helped to promote healthy bodies and a healthy planet.



## I'm interested in learning more!

Who do I contact?

Principal: \_\_\_\_\_

PTO President: \_\_\_\_\_

School Wellness Coordinator: \_\_\_\_\_

District Wellness Coordinator: \_\_\_\_\_

