



# Creating Healthy Schools

## 8.2 Healthy Fundraising

### What is the current policy?

Our school district strives to create a healthy environment for students and staff. One way to do this is by limiting unhealthy fundraisers and foods brought to school. If a school is sponsoring fundraising activities staff will promote fundraisers that involve healthy food items, non-food items, and physical activity.

## Ideas!

### How can you get more involved?

The following are several ways you can help promote healthy food items sold at school along with healthy fundraisers.

#### Focus on non-traditional fundraisers

Advocate for Healthy Food Fundraisers

- No candy will be sold at fundraising events
- Healthy recipe cookbook
- Healthy food items like fruits and vegetables
- Spices
- Custom-labeled water bottles

Advocate for Active Fundraisers

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

(more on back)

### Why is this important?

Each school is required to create and implement School Wellness Policies and our School District supports a policy that avoids unhealthy food sold for fundraising. During the school day, teachers, principals, and school staff teach and prepare our next generation to live productive lives. As students spend many hours of their day in school, it is important to model healthy eating behaviors and limit access to unhealthy food items. Implementing policies that encourage healthy behaviors will help lead children to become healthy adults.

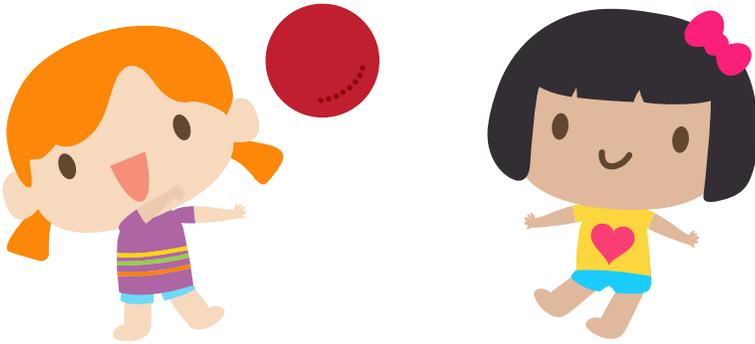
Fundraisers that sell unhealthy foods send a mixed message and undermines the ability of the school to model appropriate choices. Healthy fundraising supports students' overall nutrition and health behaviors by promoting a healthy school environment and sending a positive message to students about how to make healthy food choices. Students with healthy practices have improved concentration and memory and can improve their academic performance.

All staff have the opportunity to promote healthy fundraising practices and to educate students and families about what is appropriate. At left and on the back are recommendations for promoting healthy fundraising.

## Success Stories:

**Global Montessori Academy, Kansas City, MO:** Holds several non-food fundraisers throughout the school year. These include a benefit concert as well as flower bulb and trash bag sales.

**Schwegler School, Lawrence, KS:** The PTA sold energy efficient compact florescent light bulbs and 30-gallon lawn and leaf bags. In partnership with the City of Lawrence, the Schwegler School PTA helps promote healthy bodies and a healthy planet.



# Ideas!

## Non-food Fundraisers

- Game night, bingo, auctions
- Candles, lotions, soaps
- Greeting cards, stationery
- Plants, flowers, seeds
- Coupon books
- Magazine subscriptions
- Recycling
- School spirit apparel
- Scavenger hunts
- Book fairs

## Resources:

- The Local School Nutrition Association has links to many resources and handouts over School Wellness Policies. Visit: [https://schoolnutrition.org/uploadedFiles/2\\_Meetings\\_and\\_Events/Presentation\\_PDFs/ANC\\_2016/School%20Wellness%20Policies%20Strategies%20for%20Success.pdf](https://schoolnutrition.org/uploadedFiles/2_Meetings_and_Events/Presentation_PDFs/ANC_2016/School%20Wellness%20Policies%20Strategies%20for%20Success.pdf)
- Model fundraising policy language can be found here: <http://publichealthlawcenter.org/sites/default/files/resources/ship-fs2-scho-olwellnesssamplepolicylanguage-2011HealthyFundraising.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>
- Healthy Fundraising, Promoting a Healthy School Environment: <http://www.actionforhealthykids.org/assets/clubs/healthy-school-fundraising.pdf>
- Action for Healthy Kids: Healthy Fundraisers for Schools: <https://www.cde.state.co.us/nutrition/schoolwellnespsdwellnessfundraisers>
- Wisconsin Action for Healthy Kids: Healthy Food Fundraising: <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/healthy-fundraising-ideas-flyer.pdf>

*Two other versions of this policy item are available for both administration and family to assist with implementation.*