

# 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 like bake sales will promote healthier environments for kids. Select and use your favorite healthy fundraising ideas from the list below!

- Balloons
- Bath bouquets
- Batteries
- Books
- Brick, stone, or tile memorials
- Bumper stickers, decals
- Buttons, pins
- Calendars
- Candles
- Christmas trees
- Coffee cups, mugs
- Cookbooks
- Crafts
- Coupon books
- Customized stickers
- Emergency kits for cars
- First aid kits
- Flowers and bulbs
- Foot warmers
- Fruit and nut baskets
- Giant coloring books
- Gift baskets
- Gift certificates
- Gift wraps, boxes, and bags
- Greeting cards
- Hats, scarves, gloves
- Holiday ornaments
- Holiday wreaths
- House decorations
- Jewelry
- Logo air fresheners
- Magazine subscriptions
- Megaphones
- Monograms
- Music, videos, CDs
- Newspaper space, ads
- Pet treats, toys, and accessories
- Plants
- Preferred parking space
- Raffle donations
- Read-A-Thon
- Science fair
- Sell/rent wishes
- Souvenir cups
- Spelling bee
- Spirit, seasonal flags
- Sporting event tickets
- Stadium pillows
- Stationary
- Stuffed animals
- T-shirts, sweatshirts
- Temporary or henna tattoos
- Tupperware
- Valentine's Day flowers

continued



MaineHealth

**LET'S GO!**

5-2-1-0

### **Physically active fundraisers**

- Fun walks or runs
- Dances
- Family obstacle course
- Golf or tennis tournaments
- Staff-student competitions
- 30 day fitness challenges

### **Additional healthy fundraising ideas**

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

start  
a new  
trend!

### **Additional resources**

- *Smart Fundraising for Healthy Schools Webinar and Resources.* Action for Healthy Kids.  
[www.actionforhealthykids.org/component/content/article/19-resource-clearing-house/1379-smart-fundraising](http://www.actionforhealthykids.org/component/content/article/19-resource-clearing-house/1379-smart-fundraising)
- *Non-Food Ways to Raise Funds and Reward a Job Well Done.* Texas Department of Agriculture, 2004.  
[www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf](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.  
[www.cspinet.org/schoolfundraising.pdf](http://www.cspinet.org/schoolfundraising.pdf)

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