

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
- *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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