



Healthy Fundraising Ideas

PROMOTE FAMILY HEALTH AND WELL-BEING

Fundraising events can be an opportunity to send a positive health message to students and families. Candy, baked goods, salty snacks, soda & other foods have little nutritional value and promote

unhealthy habits that can have lifelong impact. Healthy fundraising provides students and families with opportunities and positive reinforcement for increasing physical activity.

Fundraisers that Promote Healthy Eating

- Fruit and vegetables boxes, baskets or bundles
- Fruit & yogurt parfaits
- Trail mix
- Cookbook of family healthy recipes
- School seed store

Other Non-Food Fundraising Ideas

- Auctions (live or silent)
- Carnivals/festivals
- Car wash
- Candles, lotions, soaps, greeting cards, stationary
- Gift wrapping
- Magic show
- Plants, flowers, bulbs, seeds
- Raffle (movie pass, theme bags)
- Raffle (teachers do silly activity)
- Talent show
- Treasure hunt/Scavenger hunt



Fundraisers that Promote Physical Activity

- Walk-a-thons, bike-a-thons, jump-rope-a-thons, bowl-a-thons, skate-a-thons, hula-hoop-a-thons
- Family obstacle courses
- Teacher-student competitions (volleyball, softball, Frisbee...)
- 30-day fitness & fundraising challenges

