

Healthy Fundraising Ideas

At School Events. . .Instead of Candy Sell:

- Fresh Fruit
- Milk or flavored milk
- Nuts
- Popcorn
- String Cheese
- Trail Mixes
- Baked potatoes (w/ broccoli and cheese or chili)
- Low-fat chili
- Fruit and Yogurt Parfaits
- Low-fat sandwiches or wraps
- Fresh Salads

Fundraising:

- Talent Shows/School Plays
- Fun Runs
- Walk/ Bike/ Dance/ Bowl/ Jump rope/hit/kick-a-thons
- Car Washes
- Dances (traditional, father/daughter)
- Golf Tournament
- Carnivals/Festivals
- Sports Camps for younger children
- Craft sales
- Healthy Dinner
- Auctions

At School Events. . .Instead of Candy Sell:

- Fresh Fruit
- Milk or flavored milk
- Nuts
- Popcorn
- String Cheese
- Trail Mixes
- Baked potatoes (w/ broccoli and cheese or chili)
- Low-fat chili
- Fruit and Yogurt Parfaits
- Low-fat sandwiches or wraps
- Fresh Salads

If you must sell candy use price strategies for health (candy \$1.00, apple 35 cents)

Other Fundraising Ideas:

- Pizza Kits
- Fresh Fruit Baskets
- Tupperware
- Greeting Cards
- Valentines/telegrams
- Stationary
- Gift wrap, ribbons
- Baskets
- Lotions, soaps
- Picture frames
- Magazine subscriptions
- Flowers, plants, bulbs
- Holiday Wreaths
- Ornaments
- Coupon books
- Balloons
- Jewelry
- CDs/DVDs
- Garage Sales
- Services (lawn care, house cleaning, salon)
- Books
- Candles

Got Team Spirit? Sell:

- Apparel
- Spirit/ booster badges
- Decals, bumper stickers,
- Mugs, souvenir cups
- School cookbooks
- School Calendars
- Key Chains
- Stadium blankets/ pillows
- Pens, pencils, erasers.