

## Why should schools

### avoid unhealthy food-related fundraisers?

Schools encourage healthy eating habits by avoiding the cookie and candy bar sales as well as other unhealthy food-related fundraisers. Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. When unhealthy foods are sold as part of a "good cause," students may think that such foods are a healthy part of a balanced diet. However, cookie and candy bars have little nutritional value, and using them in fundraisers contributes to poor eating habits.

### Positive Options

This brochure has a list of activities for school fundraisers that have a positive impact on students, families and the community. This is not a complete list; many additional ideas exist for successful fundraising.

For more information and ideas for Healthy Fundraisers visit:

[www.fireupyourfeet.org/healthy-fundraising](http://www.fireupyourfeet.org/healthy-fundraising)  
[www.pta.org](http://www.pta.org)  
[www.nojunkfood.org/fundraising/tosell.html](http://www.nojunkfood.org/fundraising/tosell.html)  
[www.ptotoday.com/fundraising-ideas](http://www.ptotoday.com/fundraising-ideas)  
[www.donorschoose.org/](http://www.donorschoose.org/)  
[www.scholastic.com/home/](http://www.scholastic.com/home/)



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**1500 N Avenue**  
**National City, CA 91950**  
**Phone: 619-336-7730**  
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# Healthy Fundraising

Information for Parents and Staff



# General Information

- ◆ Only foods and beverages meeting the guidelines will be sold on campus.
- ◆ Only snacks meeting the guidelines will be served during the school day or after school.
- ◆ Only foods or beverages produced in a commercial kitchen or facility which is subject to regular health inspections by a local, state, or federal agency may be served to students; no homemade foods of any kind may be served.

## Staff Support

NSD staff and community members are encouraged to serve as positive role models. NSD staff will encourage all students to lead a healthy and active lifestyle.

### Support Academics

- Read-a-thon
- Science fair
- Spelling bee
- Book fair

### Support the Arts

- Art show
- Concerts
- Dances
- Plays and Musicals
- Talent Show

### Support

#### Physical Activity

- Teacher/Student competition
- Walk-a-thon
- Bike-a-thon
- Jump-rope-a-thon
- Fun walks or runs
- Sports Tournament
- Bowling
- Skate Night



## Fundraising Activities

- Garage sale
- Prize Drawings
- Carnival
- Giant game of musical chairs
- Movie Night
- Guessing Games
- Craft Show
- Magic Show
- Haunted House
- Festivals
- Recycling Drive
- Karaoke Competition
- Chess, Checkers or other tournaments
- Treasure Hunt or Scavenger Hunt
- Car Show
- Donation Drive

**Please check with your school principal before planning any type of fundraising.**

## Examples of Items You Can Sell

- School spirit apparel and merchandise
- Candles
- Greeting Cards
- Gift Wrap, Boxes and Bags
- Balloons
- Student Art as keepsakes
- Calendars
- Buttons and pins
- Gift Certificates
- Gift Catalogs (Non –food)
- Healthy Cookbook
- Scratch Cards
- Customized Stickers
- Tupperware
- Flowers
- Plants
- Stuffed Animals
- Picture with Santa
- Pumpkins



## Examples of Healthy Food Items You Can Sell

- Fresh Fruit
- Fresh Vegetables
- Fresh Fruit Juice
- Fruit Baskets
- Nuts
- Trail Mix
- Fruit Smoothies
- Water
- Frozen Bananas
- Fruit and Yogurt
- Granola
- Crackers
- Vegetables with Dip
- Dried Fruit

