



## ***Continuing Education and Local Support for Schools (CELSS) Resource Manual***

# **Fundraising Ideas**

(Adapted from the Connecticut State Department of Education:

[http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy\\_Fundraising\\_BW.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising_BW.pdf))

Fundraising is good opportunity to reinforce and strengthen health, nutrition, and physical activity lessons. It can be fun, healthy, and profitable.

### **Non-Food Fundraisers:**

- Kitchenware
- Greeting Cards
- Valentines
- Stationary
- Gift wrap/ribbons
- Baskets
- Lotions/soaps
- Picture frames
- Magazine subscriptions
- Holiday wreaths
- Ornaments
- Flowers/plants/bulbs
- Coupon books
- Balloons
- Calendars
- Jewelry
- CDs/DVDs
- Services (lawn care/, salon)
- Key chains
- Stadium chairs/blankets/pillows
- Pens, pencils/erasers
- Frisbees/jump ropes
- Beanbag chairs
- Crafts
- Tupperware
- Pocket calendars
- Stuffed animals
- Frisbees
- Newspaper space/ads
- Candles
- First aid kits
- Flags

### **Healthy Food for Fundraisers:**

- Fresh fruit
- Fruit baskets
- Light popcorn
- Low fat cereal bars
- Trail mixes
- Soup mixes
- Frozen bananas
- Lunch box auctions

### **Raffle Tickets:**

- Gift certificates
- Gift baskets/theme bags
- Yearbooks/class rings
- VIP parking spaces
- Movie theater passes
- School event tickets
- Salon gift cards

### **Items to Promote School Spirit:**

- Apparel (t-shirts, hats, visors, buttons, shorts)
- Spirit/booster cards
- Decals/bumper stickers/rub-on tattoos
- Mugs/ bottles/souvenir cups
- Calendars
- Scratch-off cards

### **Support Academics:**

- Read-a-thon
- Science fair
- Spelling Bee

### **Other Fun Ideas:**

- Talent shows/school plays
- Fun walks/runs
- Walk/bike/dance/bowl/jump rope-a-thons
- Car washes
- Dances
- Golf tournaments
- Carnivals/festivals
- Craft sales
- Cookbook
- Student artwork
- Live or silent auction

### **Involve the Community:**

- Rent-a-teen helper
- Auction
- Workshop
- Treasure hunt
- Craft Sales
- Tennis competition
- Golf tournament
- Recycling drive

## **Healthy Fundraising Resources:**

*Clearinghouse for Fundraising Information:* <http://www.fundraising.com/>

*Creative Financing and Fundraising.* California Project Lean, California Department of Health Services, 2002.  
<http://www.co.shasta.ca.us/Departments/PublicHealth/newspublications/other%20publications/other.shtml>

*Healthy Finances: How Schools Are Making Nutrition Changes That Make Financial Sense.* Action for Healthy Kids, 2003.  
[http://www.actionforhealthykids.org/filelib/facts\\_and\\_findings/healthy%20foods,%20healthy%20finances.pdf](http://www.actionforhealthykids.org/filelib/facts_and_findings/healthy%20foods,%20healthy%20finances.pdf)

*Healthy Fundraising:* <http://www.healthy-fundraising.org/index.htm>

*Healthy Fundraising & Vending Options.* Produce for Better Health Foundation.  
<http://www.5aday.com/html/educators/options.php>

*Non-Food Ways to Raise Funds and Reward a Job Well Done.* Texas Department of Agriculture, 2004.  
[http://www.squaremeals.org/vgn/tda/files/2348/3614\\_1034\\_NonFoodRewards.pdf](http://www.squaremeals.org/vgn/tda/files/2348/3614_1034_NonFoodRewards.pdf)

*Sweet Deals: School Fundraising Can Be Healthy and Profitable.* Center for Science in the Public Interest, 2007. <http://www.cspinet.org/schoolfundraising.pdf>

# School Functions: Healthy Foods and Beverages

At any school functions (parties, celebrations, meetings) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with Dietary Guidelines for Americans are listed below.

- Raw veggie sticks/slices
- Fresh fruit wedges
- Sliced fruit
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or veggie juice
- Frozen fruit pops
- Dried fruits
- Applesauce
- Canned fruit
- Peanut butter with apples or celery
- Fruit smoothies with fat-free milk
- Trail mix
- Dry roasted peanuts, tree nuts, soy nuts
- Lean meats and reduced fat cheese sandwiches
- Party mix
- Pretzels
- Reduced fat crackers
- Baked chips with salsa or low-fat dip
- Low-fat muffins
- Granola bars
- Graham Crackers