

Healthy Fundraising Options

School events and activities are an opportunity to promote and model healthy eating and good nutrition. Children learn from what is going on around them. It is important to promote consistent messages across every area of school, to illustrate to children the importance of being healthy and the development of positive lifelong habits.



The ACT Education and Training Directorate believes that supporting student's health and wellbeing is a whole of community responsibility.

Why include fundraising activities?

Fundraisers offering healthier options complement nutrition and health messages taught in the classroom, reinforce the work of canteens and form part of a supportive environment for children's health.

The *ACT Public School Food and Drink Policy* classifies foods and drinks using a 'traffic light system' in which **RED** items are not recommended. **RED** category food and drinks may be sold at occasional fetes, fundraisers and school events no more than twice per term. These exemptions will not total more than 8 per year. Sugary drinks may not be sold at school canteens.

Healthy food for School Events and Fundraisers:

- ✓ Include salad in your BBQ and use reduced fat sausages, burgers, rissoles and chicken breasts, veggie kebabs*
- ✓ Soft tacos or pita bread nachos
- ✓ Noodle boxes
- ✓ Jacket potatoes with healthy fillings
- ✓ Sushi
- ✓ Pizzas*
- ✓ Healthy muffins
- ✓ Cobs of corn
- ✓ Plain popcorn
- ✓ Milk based ice cream*
- ✓ Gourmet & frozen yoghurts*
- ✓ Low fat smoothies
- ✓ Fruit sorbet
- ✓ Fruit based ices, slushies, and icy poles*
- ✓ 100% fruit juices
- ✓ Bottled water.

* The National Healthy School Canteens Guidelines can be used to help choose suitable food items for fundraising. For example, meat product choices will be for leaner meat cuts and low fat mince for BBQs or sausage sizzles, together with grilled vegetables and fruit salad for a complete and healthy meal.

Alternative fundraising ideas

Fundraising can involve a range of activities that avoid the use of **RED** foods and drinks. Some examples include:

- ✓ Bush Dance or Disco
- ✓ Scavenger hunt
- ✓ Car wash*
- ✓ Walk-a-thon or stair climb
- ✓ Trivia or games night
- ✓ Raffle a gardening or home cleaning service as a prize*
- ✓ Raffle a movie voucher or a sports multi-pass
- ✓ Indoor Rock Climbing, Lawn Bowls, Ten Pin Bowling or swimming pool event
- ✓ Pyjama or costume day
- ✓ Car boot sale
- ✓ Student talent quests or art shows
- ✓ Fruit smoothie day
- ✓ Show bags (including, stickers, stationary, yo-yos, water bottles, balls, ropes, temporary tattoos)
- ✓ Discount vouchers for a music store, Ten Pin Bowling, movies, skating, AFL or surf shop, temporary tattoos
- ✓ Nutritious food hampers
- ✓ Flower bulbs or plants*
- ✓ Calendars, cards, stickers and labels made by students
- ✓ Sun block and tea towel sales*

* Promoting 'essential products and services' rather than 'luxury products' for fundraising, may also put less financial strain on families.

You can contact local businesses to organise a fundraising event and develop partnerships with local industries (e.g. a movie preview night).

Other Healthy Fundraising Ideas

Jump Rope for Heart

Support the Heart Foundation and make money for your school by selling quality skipping ropes. For further information please ring the Jump Rope for Heart Coordinator on **1300 362 787** or visit www.heartfoundation.org.au

Pedometer challenge

A pedometer challenge can be undertaken with students seeking sponsorship from the community. This website has further information and offers cheap pedometers and log books, visit www.10000steps.org.au

Walk, ride, skate and swim-a-thons

Students seek sponsorship per kilometre travelled. A course is set up with staffed drink stations. Perhaps finish the event with a healthy barbeque, asking local fruit and vegetable markets and bakeries to provide healthy food and/or sponsorship in exchange for signage along the way.

An internet search for healthy commercial fundraisers or healthy fundraising ideas will locate a variety of options.

References and Resources

Department of Health and Ageing, *National Healthy School Canteens: Guidelines for health foods and drinks supplied in school canteens*, 2013

Healthy food and drink choices in schools, Factsheets, Western Australian Department of Education and Training. <http://det.wa.edu.au>, NT Department of Education, Factsheets www.education.nt.gov.au

Related Factsheets

- Healthy Treats

