

Healthy Fundraising Ideas



Fundraising is often used to support local recreation, sport and community programs, events and activities. Children, youth, families and communities are interested in the benefits of making healthy choices. The following fundraising ideas promote physical activity, healthy eating and a healthy environment.

Healthy Non-Food Fundraising Ideas

- Hold fun and interesting events with an admission fee and serve healthy food and beverages. Event themes could include:
 - Battle of the bands
 - Open mic night
 - Movie night
 - Winter carnival
 - Active video games
 - Silent auction
 - Talent shows
- Organize a walk-a-thon or skip-a-thon and get creative with a theme (e.g. Haunted Halloween Hike)
- Host a yard sale and sell donated items
- Hold a used book sale
- Sell temporary tattoos with team logo
- Organize a bottle drive
- Sell seasonal flowers, bulbs, seeds or potted plants
- Personalize calendars, sports cards or healthy cookbooks
- Develop greeting cards designed by students
- Create and sell homemade jewelry
- Offer gift wrap, Christmas cards or stationery
- Hold 50/50 draws at community games and events
- Sell cloth bags with group logo
- Create a book compiling local children's stories, pictures and jokes
- Sell candles or other decorative items
- Host dinner theatres with the local school or community band
- Offer a spring, yard clean-up service
- Hold a gift basket auction

Healthy Food Fundraising Ideas

Consider selling the following food items to help raise money:

- Locally grown vegetables
- Citrus fruit (e.g. oranges, grapefruits, clementines)
- Frozen food items (e.g. fishcakes, soups, casseroles, fruit, vegetables)
- Cheese
- Spices
- Trail mix
- Whole grain pasta or pizza crust and sauce kits
- Whole grain-based muffin mixes

For more healthy food and beverage ideas, check out Canada's Food Guide at www.healthcanada.gc.ca/foodguide and Dietitians of Canada at www.dietitians.ca

Healthy Students Healthy Schools

Some of these great fundraising ideas were provided by local students. There are plenty of additional ideas for events and activities on the *Healthy Students Healthy Schools* website www.livinghealthyschools.com along with information on healthy eating, physical activity, living smoke-free and feeling good about yourself.

Check with your school district and/or organization for existing fundraising policies.

Need more information?

Contact the Regional Nutritionist from your Regional Health Authority to answer questions about healthy eating.

For more Eat Great and Participate resources, visit www.recreationnl.com



Let's work together to help make the healthy choice the easy choice!