Make Sure Your School's Fundraising Efforts Support Healthy Eating!

Did you know…

You can support healthy eating through the sale of foods that are low in fat, sodium, and added sugars:

- **Sweet fresh fruits**
- **Crisp fresh vegetables**
- **Naturally low-fat pretzels**
- **Low-fat milk in plastic bottles**
- **Low-fat or fat-free yogurt**
- **100% juices**
- **Bottled water**
- **Low-fat cereal bars**
- **Fruit smoothies**
- **Air-popped popcorn**

Or sell non-food items… (see other side)

Creative Fundraising

Raise funds without candy

Things you can sell…

- Candles
- Greeting cards
- Gift wrap, boxes and bags
- Magazine subscriptions
- Gift items
- Coupon books
- Holiday wreaths
- Gift certificates
- Flowers, bulbs, poinsettias
- Cookbooks
- T-shirts, sweatshirts
- Books, calendars
- Buttons, pins
- Air fresheners
- Scratch-off cards
- Services
- Pre-paid phone cards
- Sporting event seat cushions
- Tupperware
- Christmas ornaments
- School spirit gear
- First aid kits
- Crafts
- Emergency car kits
- Batteries
- Temporary henna tattoos
- Pocket calendars
- Raffle donations
- Coffee cups, mugs
- I.D. tag holders (for work)
- Yearbook covers
- Mistletoe
- Student directories
- Yearbook graffiti
- Stationery
- School frisbees
- Garage sale
- Music CDs
- Movie videos
- Crafts
- Jewelry
- Hats
- Pet treats / toys
- Scarves
- Hugs (booth)
- Gift baskets
- Christmas trees

Raffles, Sales, Auctions

- Ask local business or community members / groups to donate items or theme gift baskets for a school raffle or silent auction.
- Hold a school rummage or clothing sale.
- Have parents donate plants from their gardens for a plant sale.
- Sell "Halloween Insurance." Students guaranteed to clean up any soaped windows, etc. for $1 of insurance.
- Sell bricks with engraved donor names.
- Sell school event planners listing all event dates, games, holidays, national tests, dances, etc.
- Auction goods, services, talents.

We'll Do It!

Students from a small town in New Brunswick, Canada, volunteered to do ODD JOBS for individuals and businesses. The money raised went to the school. It turned out to be the largest and most profitable fundraising effort ever!

Take Pledges

Have students seek pledges for a:

- Walk-a-thon
- Sled-a-thon…number of trips downhill
- Wash-a-thon…cars, trucks, vans, bikes

University of Minnesota Extension Service

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