

Why should schools avoid 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 "for a good cause," students may think that such foods are a healthy part of a balanced diet. However, cookies and candy bars have little nutritional value, and using them in fundraisers contributes to poor eating habits.

Healthy Fundraising Options

The following is a list of options for healthy fundraisers in schools. It is by no means a complete list; many additional ideas for healthy fundraising exist.

Fundraisers that Support Academics

- Read-a-thon
- Science fair
- Spelling bee
- Workshops or classes



Fundraisers that Support the Arts

- Art show
- Concerts
- Dances
- Plays and musicals
- Talent show
- Singing telegrams
- Rent-a-band, rent-a-choir, or rent-a-music-group

Fundraisers that Support Physical Activity

- Walk-a-thon
- Bike-a-thon
- Jump-rope-a-thon
- 5 mile run/walk or another fun run
- Golf, tennis, horseshoe, or other sport tournament
- Bowling or skate night
- Sports camps or clinics

Activities You Can Do

- Garage sale
- Auction or silent auction
- Carnival
- Giant game of musical chairs
- Rent-a-teen or rent-a-kid
- Guessing games
- Car wash
- Game night
- Craft show
- Magic show
- Haunted house
- Penny war
- Recycling drive
- Festivals
- Bingo night
- Karaoke competition
- Chess, checkers, or other tournaments
- Treasure hunt or scavenger hunt



Items You Can Sell

- Candles
- Greeting cards
- Gift wrap, boxes, and bags
- Magazine subscriptions
- Gift items
- Coupon books
- Holiday wreaths
- Christmas trees
- Mistletoe
- Gift certificates
- Cookbooks
- Balloons
- Decorations
- T-shirts and sweatshirts
- Books
- Calendars
- Buttons and pins
- Air fresheners
- Customized stickers
- Christmas ornaments
- Crafts
- First aid kits
- Emergency kits for cars
- Batteries
- School spirit gear



- Plants, flowers, poinsettias, and seeds
- Brick, stone, or tile memorials
- Temporary tattoos
- Stuffed animals
- Coffee cups and mugs
- Elephant rides
- Pet treats, toys, and accessories
- Rent a special parking space
- Foot warmers or slippers
- Scarves and stocking caps
- Spirit, seasonal, state, or US flags
- Megaphones
- Decals
- Bumper stickers
- License plate holders with the school logo
- Giant coloring books
- Tickets to sporting and fine arts events
- Jewelry
- Valentine flowers
- Artwork
- School newspaper space or ads
- Stationery
- Stadium pillows
- School frisbees
- Bath accessories and lotions
- Videos and CDs
- Picnic baskets



Healthy Food Items You Can Sell

- Fresh fruit
- Fresh vegetables
- Fruit baskets
- Nuts
- Trail mix
- Fruit smoothie mix
- Frozen bananas
- Fruit and yogurt parfaits





... about Fundraising

School fundraising activities should support healthy lifestyles. Thus, schools should use nonfood fundraisers, healthy food fundraisers, and physical activity fundraisers.

The sale of food or beverages for fundraisers should not take place until after the end of the last lunch period.




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For more information about creating a healthier classroom, visit...

- <http://doe.sd.gov/oess/cans/index.asp>
- <http://doe.sd.gov/oess/schoolhealth/index.asp>
- <http://doe.sd.gov/oess/cans/nutrition/index.asp>
- <http://www.healthysd.gov/>



Child and Adult Nutrition Services
South Dakota Department of Education
800 Governors Drive
Pierre, SD 57501-2235
Phone: (605) 773-3413
Fax: (605) 773-6846
doe.sd.gov/oess/cans/index.asp

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Healthy Fundraising Ideas for Your School

Creating a Healthier Classroom