

#HEALTHIESTSCHOOLS

HEALTHY FUNDRAISING SOLUTIONS

AMERICA'S HEALTHIEST SCHOOLS

Foods and beverages sold at and by schools and afterschool programs should reinforce the healthy habits that we all seek to instill in youth, setting them up for lifelong success. Fundraisers can be successful and engage youth, the community, the school building and out-of-school time programs in meaningful ways without undermining healthy eating messages.

Here are a few of our favorite examples of creative fundraisers that you can lead to support your child's school or afterschool program while also supporting a healthy environment for kids:



GET KIDS MOVING

Host a walk-, run-, bike-, dance-, skate-a-thon or a 5K color run

Hold a jump rope or hula hoop competition

Organize a Zumba, dance or yoga night

Create a team sports tournament for youth and their families

Visit an ice skating rink

Hold a field day at school and encourage youth and families to form teams and compete



SPARK CREATIVITY

Host a talent show

Hold a yard sale or auction where youth, staff and parents donate items

Organize a student art or craft fair

Ask local businesses to donate:

- products or services to an auction
- event tickets to a raffle

Sell school-branded promotional items such as t-shirts or water bottles

Hold a coin drive competition between classrooms



SUPPORT HEALTHY EATING

Hold a "Taste of Your Town" event and invite local chefs to donate healthy dishes

Host a healthy cooking class and ask a local chef to donate his/her time

Create a healthy family meal night

Sell healthy snacks made by youth after school

Sell cookbooks with healthy recipes donated by community members

Hold a youth healthy cooking competition and ask local grocery stores to donate food