

About healthy fund raising

School fund raising activities should support healthy lifestyles. Thus, schools should use healthy food fund raisers, nonfood fund raisers, and physical activity fund raisers.

It is recommended that the sale of food or beverages in schools for fund raisers should not take place until after the end of the last lunch period.

Why should schools be concerned about food-related fund raisers?

Schools can encourage healthy eating habits by avoiding cookie and candy bar sales, as well as sales of other unhealthy food. 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 fund raisers may contribute to poor eating habits.

Where can I find more information about healthy fund raisers?

For more information about implementing healthy fund raisers in your school, check out these Web sites:

- www.healthy-fundraising.org/
- www.partnersforhealthykids.com/

Contact Us:

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
www.doe.sd.gov/oess/cans/



Healthy fund raising options

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

Fund raisers that support academics

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

Fund raisers 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

Fund raisers 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 sports tournament
- Bowling or skate night
- Sports camps or clinics

Activities to raise funds

- Garage sale
- Auction or silent auction
- Carnival or festival
- Rent-a-teen or rent-a-kid
- Car wash
- Haunted house
- Penny war
- Recycling drive
- Karaoke competition

Items to sell other than food

- Candles
- Gift wrap, boxes and bags
- Gift items or gift certificates
- Community coupon books
- Cookbooks
- T-shirts and sweatshirts
- Calendars
- First aid kits/Emergency kits for cars
- School spirit gear
- Plants, flowers, poinsettias, and seeds
- Coffee cups and mugs
- License plate holders with the school logo
- Picnic baskets
- Rent a special parking space
- Greeting cards
- Brick, stone or tile memorials
- Spirit, seasonal, state or U.S. flags
- Scarves or stocking caps
- Christmas ornaments
- Bumper stickers
- School flying disks
- Rent a special parking space

