

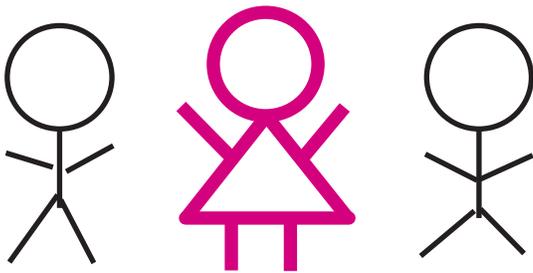
# HEALTHY FUNDRAISING

*To help all students realize their  
unlimited potential*

NEED FOR CHANGE

**1 IN 3 CHILDREN**

**& ADOLESCENTS  
ARE OVERWEIGHT OR  
OBESE**



**80% OF SCHOOLS NATIONWIDE SOLD  
NUTRIENT POOR FOODS & BEVERAGES TO  
RAISE MONEY.**

## What's the harm in food-based fundraisers?

Food-based fundraisers place student's health at risk for a profit. Exposure to unhealthy choices in the classroom further normalize such behavior and increase student's risk of becoming obese. Rather than jeopardizing student's health, fundraisers should be utilized to send a message of how easy, fun, and exciting a healthy lifestyle can be! Below are a few ideas to help inspire you and your students.



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# HEALTHY FUNDRAISING IDEAS

## ACTIVE FUNDRAISERS

### 1 HULA 4 HEALTH

- Hoop competition between peers
- Students will volunteer and pay \$1 participation fee to cover equipment cost.
- Donations/sponsorships will be collected by students.

### 2 BASKETBALL TOURNAMENT

- Parent versus staff competition
- Participation fee will be collected in addition to admission.

#### Sample profits

- High Bridge Elementary School put on a "Fun Run" and collected \$3,000.
- North Rockland High School raised over \$100,000 in a four year period by hosting Dancing with the Teachers!
- Idlewild Elementary raised \$800 in their parent vs teacher basketball tournament.

## CREATIVE FUNDRAISERS

### 3 STUDENT ART GALLERY

- Students will have the opportunity to showcase their talent by creating a work of art to be displayed for friends and family in an art gallery fashion.
- Admission tickets can be sold and student's art can be auctioned.

### 4 DANCING WITH THE TEACHERS

- Staff members will pair into teams and create a dance routine, much like the popular ABC show, *Dancing with the Stars*.
- Admission tickets can be sold to students and community members.

### 5 SCHOOL COOKBOOK

- Ask parents to get involved by sharing some of their favorite recipes to create a school cookbook!

