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.

For more information contact Erika Thiede, MS, RD at erika.thiede@alvordschools.org
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!

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