



Creating Healthy Schools
and Communities
in Suffolk County

Healthy Fundraising Ideas and Resources

Raise funds for the students of Central Islip UFSD while reinforcing the lessons you're teaching students about healthy eating. Candy, baked goods, salty snacks, soda and other foods with little or no nutritional value that do not meet the Smart Snacks in School guidelines are no longer permitted to be sold to students during the school day. As America faces a national epidemic of overweight children, many schools are turning to non-food alternatives or healthy food fundraising.

Benefits of Healthy Fundraising

- Healthy Kids Learn Better
- Provides Consistent Messages
- Promotes a Healthy School Environment

Consequences of Unhealthy Fundraising

- Compromises Classroom Learning
- Promotes the Wrong Message
- Contributes to Poor Health

Some ideas to get you started:

- Organize a walk/run or dance marathon event. Collaborate with a local DJ or community band to donate their talents for the event.
- Offer an experience. Organize and sell tickets for a musical concert with local bands that will donate their time and talent for the cause.
- Provide a product. Instead of a bake sale, organize a book or flower sale. Ask parents, students and local organizations to donate their used books or flowers.
- Offer a service. Organize a car wash and enlist students to help.
- Sell custom-labeled bottled water at a homecoming event, sports game or school dance. Order bottled water with the school's mascot or name on the label. Here are some websites that can help: www.amandahills.com, www.plwc.net & www.fundraising.com
- Use student artwork to create greeting cards. Sell the greeting cards for various holidays or seasons to families and community members.
- Organize a produce sale. Ask local farmers or grocery stores to donate fresh or dried fruit and fresh vegetables.
- Organize a trail mix sale for students and families. Include healthy ingredients such as nuts (consider peanut allergies), dried fruit, and seeds.
- Organize a fruit smoothie sale, using healthy ingredients.
- Organize a granola sale. Use healthy ingredients such as coconut shavings, sliced almonds, cinnamon, etc. Sell servings of granola in mason jars or zip-lock bags. Students can decorate mason jars or bags with seasonal or holiday themes, or with student artwork.



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For more ideas, click on the hyperlink below.

[Healthy Fundraising](#)

Multiple resources and links for fundraising tips and ideas

[The Case for Healthy Foods](#)

Healthy Food awareness in schools and tips

[A+ Fundraisers for High Schoolers - NYC](#)

A healthy fundraising tip sheet and suggested monthly fundraising activities and new ideas

[Healthy FUNdraising Ideas](#)

Different ways to incorporate fun and healthy fundraising ideas into schools

[Yes You Can! A Fresh Look at Healthy Fundraisers for Schools](#)

An in-depth look at healthy fundraisers for elementary schools

[Alliance for a Healthier Generation](#)

Ideas and ways to raise revenue and support

[Healthier Fundraisers](#)

A brochure giving examples of fundraisers to avoid and a list of healthier activities and ideas

[Fun and Healthy Fundraising Alternatives](#)

A brochure with a list of ideas and resources for healthy fundraising

[Healthy Concessions](#)

Information about healthy concessions sold at schools, as well as healthy eating choices

[Healthy School Fundraising Ideas](#)

A sheet with numerous ways to incorporate healthy fundraisers in the school environment

[Fit and Fresh Fundraising](#)

An organization which provides healthier fundraising items as compared to typical fundraising campaigns

[FarmRaiSer](#)

Create a custom online mobile market and bring the produce back to your hometown for profit and learning experiences for the children