

# Healthy School Fundraising

<http://www.parentsjury.org.au>

- Auction/sale of donated goods and services
- Auction/sale of students' artwork
- Car wash
- Casual dress/dress up days
- Entry fee from school play/concert
- Gala/Ball
- Hot Cross Buns/Christmas cakes
- Mother's/Father's day stalls
- Purchasing from a fundraising catalogue
- Raffle
- Selling home baked foods or healthy foods (ie fruit drive)
- Selling home made goods and crafts
- Sports event (ie, fun run, lapathon or similar)
- Trash and treasure/car boot sale
- School fete

Schools and parents can source discounted or donated goods and services from local traders to be sold or auctioned off for profit. The Parents' Jury members have contributed the following suggestions:

- Apple slinky machines (makes spirals of apple) and apple slinky stall at school
- Apples direct from grower
- Children's stickers and labels
- Children's toys
- Craft project kits
- Energy efficient light globes
- 'Entertainment' Books
- Frozen fruit ice creams (mashed banana base and add other fruit)
- Greeting cards printed with children's art work
- Jobs around the house such as window washing, gardening, etc
- Locally written books
- Newspaper and magazine subscriptions
- Personalized t-shirts
- Printed tea towels with kids' drawings or photos
- Punnets of seedlings or bulbs
- Re-usable cloth shopping bags with school logo or children's own designs
- Stationery items
- Theatre and movie tickets
- Toiletry products that can be bought in bulk
- Toothpaste/toothbrush

## Healthy Fundraising in Your Preschool or School

- Corn on the cob - grill on the BBQ and sprinkle with paprika for flavour
- Curries served with rice
- Noodle boxes- which include tasty, stir fried vegetables& meat or meat alternatives along with the noodles
- Healthy muffins, slices and scones
- Jacket potatoes served with lean mince or baked beans and reduced fat cheese
- Gourmet yoghurts or sushi vendors

## Fruit and vegetable drives - Google Cancer Council - Eat It To Beat It in NSW

Or consider putting together fresh fruit and vegetable boxes from your local grocery store /supermarket or local fruit and veg shop. Mention that they will have their name promoted on the product as a benefit to them.

### A-thon it!

- Walk-a-thons
- Run-a-thons
- Read-a-thon
- Dance-a-thons.

Other social events are also a great way to bring together the school community - consider holding a trivia nights, raffles, silent auctions or group shopping tours, movie nights.

### Products to sell

- Toothbrush and/or sunscreen drives - are fundraisers that can help promote positive health messages and protect the health of your school community
- Hand designed tea towels/bags/aprons - these items can be a great memento and present for parents to pass on. Visit [www.expressions.com.au](http://www.expressions.com.au) or [www.cap-fundraising.com](http://www.cap-fundraising.com)
- Cookbook drive - cookbooks are a great way to promote healthy recipes from your community or school tuckshop. Visit [www.schoolyardstories.com.au](http://www.schoolyardstories.com.au)
- Non-food related stalls - a bric-a-brac, dunk the teacher/principal, face painting, farmyard animals, plant stalls

Visit us at [Food Smart Schools](http://Food Smart Schools) or email [info@foodsmartschools.org](mailto:info@foodsmartschools.org) for more information!