

Northern NSW Health Promotion Healthy Fundraiser Resource



Disclaimer

Northern NSW Health Promotion in no way endorses specific companies, their affiliates or products contained in this resource. This resource aims to provide early learning services with general healthy fundraising ideas and web addresses to those they may be interested in exploring further.

Northern NSW Health Promotion accepts no liability for any loss or damage resulting from the reliance on the material contained in this resource, or for its accuracy, currency and completeness. Before engaging with a company or affiliate detailed in this resource, users should carefully make their own assessment as to whether it is appropriate and relevant for their purposes.

Foreword

Early learning services have used fundraising to pay for equipment, materials, supplies and events for many years. Unfortunately, many fundraising activities involve the sale of nutrient-poor energy-dense foods and drinks. The consumption of fundraising chocolates, doughnuts, lollies and soft-drinks often replaces healthy options such as fruit, vegetables and water. Excessive consumption of nutrient-poor energy-dense foods can lead to weight gain and associated ill health in both children and adults.

There are many healthy fundraising alternatives available which are practical and profitable. It is important that service fundraisers are healthy because:

- ✿ Healthy kids learn better – Research clearly demonstrates that good nutrition is linked to better behaviour and academic performance.
- ✿ They provide consistent messages – Fundraising with healthy foods and other items demonstrates service commitment to healthy behaviours and supports learning experiences about health.
- ✿ They promote a healthy service environment – children need to receive consistent, reliable health information and opportunities to use it. Finding healthy alternatives to fundraising is an important part of providing a healthy service environment.

Protecting the natural environment is another important consideration when developing fundraising activities. Fundraising strategies that recycle, prevent excessive waste and result in a greener environment are great ways to support efforts in addressing climate change.

We trust that this resource inspires your service to try new, healthy and environmentally-friendly fundraising activities!

The NSW Cancer Council have a fantastic booklet with more ideas than you could think of for schools to consider as healthy fundraising options. This can be downloaded at the following link:

- ✿ http://www.cancercouncil.com.au/html/schoolsandcommunities/communities/downloads/ResourcesCP_HealthyFundraising.pdf

Ideas for Healthy Fundraisers

Healthy Food Fundraisers

- * Just like chocolate and lollies, healthy food fundraising boxes are available. Some examples include sultanas, rice crackers, bakery basket (filled with wholemeal \ grain products)
- * Fruit and vegetable trays (whatever type is grown locally)
- * Barbequed vegie burgers and vegetable kebabs
- * Fruit or vegetable juices, smoothies and milkshakes
- * Hot-cross bun drive in the lead-up to Easter by establishing an arrangement with a local bakery to purchase close to cost-price and sell for a profit

Physical Activity Fundraisers

- * Walk-a-thon/ Bike-a-thon/Jump-rope-a-thon
- * Sports days
- * Fun runs/walks
- * Dance nights

Green Fundraisers

- * Establish a school fruit/vegetable garden and sell produce to parents and community members all year round
- * Organise the donation of second hand goods and sell via auction, silent auction or fete
- * Establish an arrangement with a local nursery to purchase plants, trees and spring bulbs close to cost-price and sell for a profit

Academic Fundraisers

- * Read-a-thon
- * Organise the donation of new and second hand books and sell book fair
- * Trivia nights
- * Musical and drama performances
- * Fashion and art shows

Other Fundraisers

- * Students' art work can be arranged to feature on greeting cards, calendars, tea towels, bags and aprons
- * Raffles
- * Car-washes
- * Sunscreen
- * Entertainment or holiday coupon books
- * Non-uniform days

Websites and contacts

The websites below are just some examples of numerous interesting and innovative options for healthy fundraising activities. Relevant contact details, order forms and other information are available should your school want to proceed with an option from the following sites:

- * www.artbykids.com.au
- * www.fundraisingdirectory.com.au
- * www.hugfundraising.com.au
- * www.schoolcanteens.org.au
- * www.thefundraisinggroup.com.au
- * <http://www.schoolyardstories.com.au/>