

# Nutrition Facts

## Fantastic Fundraising for Schools

School activities are often supported through fundraising. A healthy approach to fundraising shows your school values and promotes healthy eating. Using non-food items or healthy foods to fundraise has many benefits:

- it can be profitable!
- it supports making healthy choices.
- it creates supportive nutrition environments both at school and in the home.
- it sets a good example for students and supports what they learn in the classroom about healthy eating.



All school fundraising should meet the requirements for the *School Food and Beverage Policy (P/PM150)*. In addition, consider creating a school level policy related to fundraising so that everyone has a clear vision of what fundraising will look like in your school.

### Example of a School Level Fundraising Policy Statement:

The school, for purposes of fundraising, will sell healthy food items or non-food related items for **all** fundraisers.

To support the adoption of a school level policy, inform parents about the school's healthy approach to fundraising. Explain why your school has adopted this school level policy. For more information about school level policy see MLHU's [Promoting Vegetables, Fruit and Water Toolkit](#). Brainstorm potential ideas that can be used for fundraising that reflect the policy.

### Fantastic Fundraising Ideas:

- Fresh from the Farm ([www.freshfromfarm.ca](http://www.freshfromfarm.ca)) promotes vegetable and fruit intake
- FundScrip ([www.fundscrip.com/](http://www.fundscrip.com/))
- Create and sell a School Cookbook with healthy recipes (see [toolkit](#) for cookbook template and ideas)
- Profile your school and sell items with the school logo or mascot (e.g., water bottles, t-shirts, hats etc.)
- Sell stationary, books or wrapping paper
- Host a school garage sale, rummage sale or a silent auction
- Partner with a local nursery to sell bulbs or contact <https://www.veseys.com/ca/>
- Partner with a local nursery to sell flower baskets or have the horticultural classes plant baskets and sell in the spring

- Consider asking for direct donations to the school from families once a year, where the family may receive a tax receipt. This allows families to contribute what they can and not be bothered with other fundraisers throughout the year (discuss logistics with the principal).
- Citrus sales (e.g., [www.indianriverdirect.com](http://www.indianriverdirect.com) )
- Bean based soups and mixes(e.g., <https://beanladies.com/pages/fundraising>)
- Cheese (e.g., <http://www.pinerivercheese.com/about-us> )
- Host a Paint Night ( e.g., [www.paintnite.com/group-events/fundraiser](http://www.paintnite.com/group-events/fundraiser) )
- Hold a school car wash and advertise to the local community
- Organize teacher vs. staff fun activities (e.g., volleyball etc.) and charge a small admission fee.

### Rethink Bake sales, Cake Walks and Candy Grams

- If hosting a bake sale, aim to offer healthier choices to reinforce what is learned in the classroom. For healthier recipe ideas check out “Bake It up! Tasty treats for healthier school bake sales” visit <https://www.unlockfood.ca/en/Articles/School-Health/Ontario-s-School-Food-and-Beverage-Policy/Bake-It-Up!.aspx>
- Instead of a “Cake Walk” at a school event consider hosting a “Veggie and Fruit Walk” featuring creative vegetable and fruit shapes and characters. For ideas visit: <https://www.pinterest.com/brightbitesca/food-fun/>
- Instead of selling *Candy Grams* consider selling *Veggie and Fruit grams* ([visit Promoting Vegetables, Fruit and Water Toolkit](#) ) for more information.

### Healthy fundraising makes good “cents”!



#### Additional Fundraising Resources:

- Bright Bites Show me the Money <http://brightbites.ca/badge/show-me-the-money/>
- Centre for the Science in Public Interest – Fundraising <https://cspinet.org/resource/fundraising-options-available-schools>

***Together let's make the healthy choice the easy choice!***

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