

# Healthy Fundraising Ideas for Schools

Fundraising using non-food items and healthy foods help support academic success and overall health of students, staff and the community.



## Ideas for Activities

- ✓ A-thons (walk, dance, bowl, jump rope)
- ✓ Auctions
- ✓ Book fairs
- ✓ Car washes
- ✓ Cookbook fundraiser
- ✓ Cow Pie Bingo
- ✓ Family donations
- ✓ First Fridays (kids pay \$1 to not wear uniform, wear crazy hat)
- ✓ Game nights
- ✓ Lunch sale for staff (families send food)
- ✓ Raffles
- ✓ Yard sale

## Ideas for items to Sell

- ✓ Merchandise with school logo (reusable water bottles, shirts, shopping bags)
- ✓ Fruit and vegetable gift boxes
- ✓ Crafts
- ✓ Flowers/plants or seeds
- ✓ Magazine subscriptions
- ✓ Safety and first aid kits
- ✓ Seasonal decorations/ornaments, novelties, wrapping paper or gift-wrapping services
- ✓ Sports equipment, toys and games (yoyos, jump ropes, balls, etc.)

## The CPS Wellness Policy states:

- Bake sales and other food fundraisers for students are not allowed during the school day, and 30 minutes before and after school or until the late bus arrives
- Candy or soda cannot be sold at school fundraisers, including extracurricular events
- Non-food fundraisers are preferred
- Healthy foods are strongly encouraged



*All fundraising must adhere to the CPS student solicitation and fundraising policy*

CPS Wellness Policy Information is at:  
[http://www.cpsd.us/departments/careers/c\\_p\\_s\\_policies\\_and\\_procedures/](http://www.cpsd.us/departments/careers/c_p_s_policies_and_procedures/)

# Healthy School Celebrations

School celebrations that offer non-food activities, or healthy food, help support students' health and academic success.



## Birthday Celebrations

Find if and how your school celebrates student birthdays

### Non-food ideas

- The birthday child
  - is the teacher's assistant for the day, for example make deliveries to the office, and be line leader
  - chooses an activity or game
  - picks a book for the principal or a parent to read to the class
  - brings in a special item to share with classmates
  - chooses an indoor game to play
- Students make
  - a sash, crown, button, badge or banner for the birthday child
  - cards and write compliments for the birthday child
- Announce birthdays on the intercom

### Healthy food ideas

Assign categories to ensure there are plenty of healthy items (fruits and vegetables), and less unhealthy items (baked goods)

- Fresh fruit or fruit kabobs
- Trail mix (pretzels, dried fruit, sunflower seeds)
- Yogurt parfaits or fruit smoothies
- Veggies with hummus or low-fat dip
- Fruit with yogurt dip
- Dried fruits

## Classroom Celebrations

### Ideas for Activities

- Scavenger hunt for items or information in the classroom or around the school
- "Free choice" activity time
- Extra recess time
- Crafting with supplies such as clay, craft paper, pencils, markers, paints, and stickers donated by families
- Party games
- Carnival night (raffle academic games, give goody bags of school supplies)
- A dance party
- Story time
- A trip to a treasure box (with small toys, books, notepads, paints)

*The Haggerty School created a special birthday song and dance! Feel free to come up with your own fun ideas too!*



## The CPS Wellness Policy states:

- ➔ Classroom celebrations with food should include mostly healthy items such as fruits and vegetables, and serve less healthy items in small portions. Celebrations without food are encouraged.
- ➔ Candy and soda may not be brought to school

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## *Highlights for Teachers*

The state and federal government require schools to have a written wellness policy. The goal is to improve healthy eating, physical activity, and overall student wellness.

### **Celebrations**

#### *Birthdays*

- ◆ Let students' families know if and how birthdays are celebrated in your school
- ◆ If your school routinely asks families to send food to celebrate student birthdays, encourage non-food items, such as party favors or craft items

#### *Classroom celebrations*

- ◆ If a celebration is to be held, assign families to certain food categories, to ensure that there are plenty of healthy items such as fruits and vegetables, and less unhealthy items such as baked goods
- ◆ Inform families that candy and soda may not be brought to school

See [www.cambridgepublichealth.org/services/school-health/school-wellness.php](http://www.cambridgepublichealth.org/services/school-health/school-wellness.php) for healthy celebration ideas

### **Water**

- ◆ Water promotes learning by keeping children hydrated! Encourage your students to bring in reusable water bottles so they can easily drink water in the cafeteria and the classroom

### **Classroom Snacks**

- ◆ Encourage families to send students with healthy snacks such as fruits, vegetables, whole grains and low fat dairy
- ◆ If your students have food allergies, work with the school nurse on how to best manage classroom snacks

See [www.cambridgepublichealth.org/services/school-health/school-wellness.php](http://www.cambridgepublichealth.org/services/school-health/school-wellness.php) for healthy snack examples

### **Food Fundraising**

- ◆ Students will not have access to bake sales and other food fundraisers from 30 minutes prior to the start of the school day until 30 minutes after the school day ends, or until the late bus arrives, whichever is last
- ◆ No candy or soda may be sold at fundraisers
- ◆ Non-food fundraisers are recommended, however if schools choose to sell food to raise funds outside of school hours, healthy foods are encouraged

See [www.cambridgepublichealth.org/services/school-health/school-wellness.php](http://www.cambridgepublichealth.org/services/school-health/school-wellness.php) for healthy fundraising ideas

## Health Education and Screening

- ◆ All K-5 students should be taught health education once a week. Health is taught by specialists in grades 6-12
- ◆ Health screenings will be completed on an annual basis with follow-up when indicated. These include:
  - Dental for JK-4
  - Vision for JK-5, 7, 9
  - Hearing for JK-3, 7, 9
  - Postural for 5-9
  - BMI for K-8, 10

## Rewards

- ◆ Providing food or beverages as a reward, or withholding food/meals as punishment is not allowed
- ◆ Consider non-food rewards

See [www.cambridgepublichealth.org/services/school-health/school-wellness.php](http://www.cambridgepublichealth.org/services/school-health/school-wellness.php) for non-food reward examples

## Recess

- ◆ K-8 students will have 20 minutes of recess daily, ideally before lunch
- ◆ Students may not be kept from going to recess as punishment or to make up work, unless under unusual circumstances
- ◆ Recess may not be cancelled due to weather, unless absolutely necessary. The following framework is recommended for recess decisions:
  - Below 32 degrees – outdoor recess with coats, long pants, gloves, hats
  - Below 15 degrees – shortened outdoor recess
  - Below 10 degrees – indoor recess

*Remind families to send appropriate clothing for outdoor recess.*



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# Non-Food Rewards for Students

Below are some examples of non-food rewards that can promote students health and academic success.



## Elementary School Students

- Make deliveries to the office
- Watch a fun movie
- Teach class or be a special helper
- Read morning announcements
- Sit with friends
- Play a favorite game
- Get extra recess, art or music time
- Play show and tell
- Have a pajama day
- Get free time at the end of class
- Walk with principal or teacher
- Read or have class outdoors
- Teacher performs a special skill
- Take a trip to treasure box filled with nonfood items (stickers, pencils, etc)
- Receive a certificate, trophy, ribbon, or plaque
- Earn points for privileges or non-food items

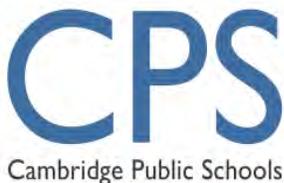


## Middle School Students

- Sit with friends
- Choose partners for activities
- Get reduced/no homework pass
- Get extra credit
- Watch a fun movie
- Play group games
- Have a pajama day
- Have extra computer time
- Earn points for privileges or non-food items
- Eat lunch or have class outside
- Field trips

## High School Students

- Get extra credit
- Watch a fun movie
- Get reduced or late homework pass
- Donate coupons for music, movies or books
- Hold drawings for donated prizes
- Have a pajama day
- Get Recognition on morning announcements
- Tickets to school events (dances, sports)



### The CPS Wellness Policy states:

- ➔ Rewarding students with food or beverages, or withholding food/meals as punishment is **not** allowed
- ➔ Soda and candy are not allowed at school.

CPS Wellness Policy Information is at:

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