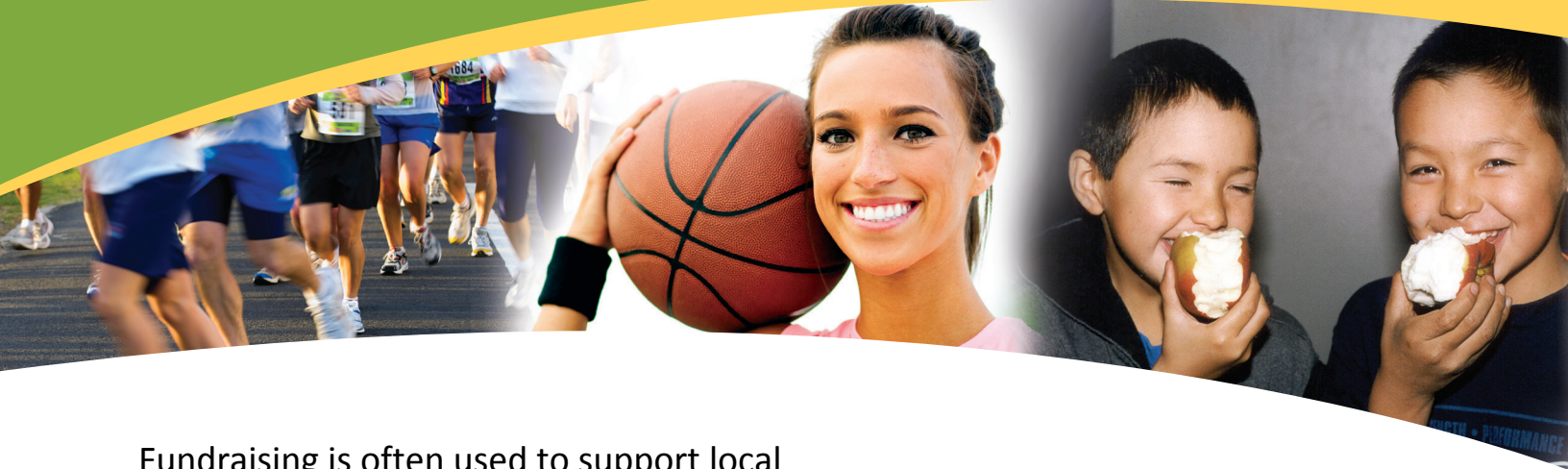


# Healthy Fundraising Ideas



Fundraising is often used to support local recreation, sport and community programs, events and activities. Children, youth, families and communities are interested in the benefits of making healthy choices. The following fundraising ideas promote healthy eating, physical activity and a healthy food environment.

## Healthy Food Fundraising Ideas

Consider selling the following food items to help raise money:

- Locally grown vegetables
- Citrus fruit (e.g., oranges, grapefruits, clementines)
- Frozen food items (e.g., fishcakes, soups, casseroles, fruit, vegetables)
- Cheeses
- Spices
- Trail mix
- Whole grain pasta or pizza crust and sauce kits
- Whole grain muffin mixes



### Healthy Non-Food Fundraising Ideas

- Hold fun and interesting events with an admission fee and serve healthy food and beverages. Event themes could include:
  - Battle of the bands
  - Open mic night
  - Movie night
  - Winter carnival
  - Silent auction
  - Talent shows
- Organize a walk-a-thon or skip-a-thon and get creative with a theme (e.g., Haunted Halloween Hike)
- Host a yard sale and sell donated items
- Hold a used book sale
- Sell temporary tattoos with team logo
- Organize a bottle drive
- Sell seasonal flowers, bulbs, seeds or potted plants
- Personalize calendars, sports cards or healthy cookbooks
- Develop greeting cards designed by students
- Create and sell homemade jewelry
- Offer gift wrap, greeting cards or stationery
- Sell cloth bags with group logo
- Create a book compiling local children's stories, pictures and jokes
- Sell candles or other decorative items
- Host dinner theatres with the local school or community band
- Offer a spring yard clean-up service
- Hold a gift basket auction



#### Questions?

Contact Eat Great and Participate's Registered Dietitian at [mpark@recreationnl.com](mailto:mpark@recreationnl.com), or (709) 729-4490.

#### For more healthy eating resources, check out:

**Eat Great and Participate:** [recreationnl.com/eat-great-participate](http://recreationnl.com/eat-great-participate)

**Canada's Food Guide:** [Canada.ca/FoodGuide](http://Canada.ca/FoodGuide)

**Half Your Plate:** [halfyourplate.ca](http://halfyourplate.ca)