

Fund an activity without compromising health

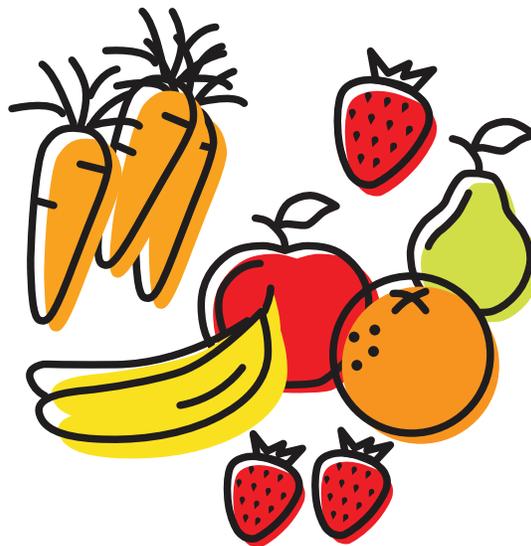
From spaghetti dinners to chocolate sales, the food selected for fundraisers are foods you encourage families to buy... and eat! These foods should be part of a healthy diet and be consistent with school efforts to encourage healthy eating habits.

Selling food

When food is used in fundraising efforts, **it is important to choose foods with strong nutritional value to set a positive example for families.**

Here are a few ideas:

- ▶ Fresh fruit (e.g., oranges, grapefruit)
- ▶ Sliced or prepared fruit (e.g., apple, fruit salad)
- ▶ Dried fruit without coating
- ▶ Local vegetables (e.g., carrots, potatoes)
- ▶ Nuts and seeds without coating (in keeping with current school policies regarding food allergies)
- ▶ Assorted cheeses
- ▶ Bread
- ▶ Crackers with less than 140 mg of sodium, no more than 3 g total fat and at least 2 g of fibre per 20 g portion, made with whole grain flours (read the ingredients).
- ▶ Spices and herbs



Teas, herbal teas and fair-trade coffees can also be sold, even if these items are for adults.

Chocolate treats, candy, sweets and fried foods are examples of foods to limit and should not be promoted through fundraising activities.

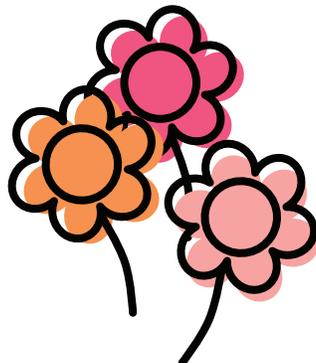
Dark chocolate?

Dark chocolate (higher than 70% cocoa) has more antioxidants and less sugar than milk chocolate. However, it is still very high in fat. It should be savoured and enjoyed in small doses. However, for fundraising activities, it is better to sell everyday foods.

Selling non-food items

Selling various non-food items is also a good way to fundraise:

- ▶ Flowers (for Mother's Day, Valentine's Day and any other occasion, why not?)
- ▶ Bulbs
- ▶ Plants, bushes, seeds
- ▶ Soaps
- ▶ Candles
- ▶ Calendars
- ▶ Pens, pencils
- ▶ Dish towels
- ▶ Re-usable bags
- ▶ Raffle tickets
- ▶ Giftwrap



Other fundraising activities

Have you ever thought of organizing sports, social, food-related or cultural activities to raise funds? These are fun, practical fundraising activities that **can help children learn and develop independence and social skills**. They are also a chance for parents to spend time with their children, get involved in their school and talk with other parents. Consider some of these options:

- ▶ Ticket sales for a show that the children put on
- ▶ BINGO night
- ▶ Brunch with nutritious options like fruit and whole grain products
- ▶ Spaghetti dinner
- ▶ Dance party
- ▶ Walk-a-thon, dance-a-thon (activities that get kids moving!)
- ▶ Car wash
- ▶ Rummage sale (e.g., used books, clothes, toys, sports equipment, etc.)
- ▶ Corn roast at the start of the school year
- ▶ Book creation and sale (recipes, poems, photos, etc.)
- ▶ Exhibitions of children's work
- ▶ Workshops to make greeting cards, such as for Christmas
- ▶ Christmas market (ask children to cook something with their family or make a craft to sell)

You double the benefits by encouraging families to adopt healthy habits to raise funds for their children's school-related activities. Good job!

Reference: Adaptation of suggestions from the diet component of the guide, *Politique-cadre pour une saine alimentation et un mode de vie physiquement actif*.