

# Appendix B

## Healthy Fundraising Ideas

<p>At School Events ... instead of candy – Sell:</p> <ul style="list-style-type: none"><li>• Fresh Fruit</li><li>• Milk or flavored milk</li><li>• Nuts</li><li>• Popcorn</li><li>• String Cheese</li><li>• Trail Mixes</li><li>• Baked Potatoes (w/broccoli and cheese or chili)</li><li>• Low-fat Chili</li><li>• Fruit and Yogurt Parfaits</li><li>• Low-fat Sandwiches or Wraps</li><li>• Fresh Salads</li></ul> <p>If you must sell candy, use price strategies for health i.e. candy - \$1.00, apple – 35 cents</p>	<p>Fundraising:</p> <ul style="list-style-type: none"><li>• Talent Shows/School Plays</li><li>• Fun Runs</li><li>• Walk / Bike / Dance / Bowl / Jump-rope / Kick a thons</li><li>• Car Washes</li><li>• Dances (traditional, father/daughter)</li><li>• Golf Tournament</li><li>• Carnivals/Festivals</li><li>• Sports Camps for younger children</li><li>• Craft Sales</li><li>• Healthy Dinner</li><li>• Auctions</li></ul>
<p>Got Team Spirit? Sell:</p> <ul style="list-style-type: none"><li>• Apparel</li><li>• Spirit/Booster Badges</li><li>• Decals, Bumper Stickers</li><li>• Mugs, Souvenir Cups</li><li>• School Cookbooks</li><li>• School Calendars</li><li>• Key Chains</li><li>• Stadium Blankets/Pillows</li><li>• Pens, Pencils, Erasers</li></ul>	<p>Other Fundraising Ideas:</p> <ul style="list-style-type: none"><li>• Pizza Kits</li><li>• Fresh Fruit Baskets</li><li>• Tupperware</li><li>• Greeting Cards</li><li>• Valentines/Telegrams</li><li>• Stationary</li><li>• Gift Wrap, Ribbons</li><li>• Baskets</li><li>• Lotions, Soaps</li><li>• Picture Frames</li><li>• Magazine Subscriptions</li><li>• Flowers, Plants, Bulbs</li><li>• Holiday Wreaths</li><li>• Ornaments</li><li>• Coupon Books</li><li>• Balloons</li><li>• Jewelry</li><li>• CDs/DVDs</li><li>• Garage Sales</li><li>• Services (lawn care, house cleaning, salon)</li><li>• Books</li><li>• Candles</li></ul>

