

# FUN AND HEALTHY

## FUNDRAISER IDEAS



## GET MORE OUT OF FUNDRAISING

Fundraising activities can offer additional benefits when schools incorporate the **3E's of Healthy Living** — **Education, Exercise and Eating Right**. These fundraising ideas help schools fundraise in a healthy way that help students earn, learn and have fun.

## EDUCATION

### SKILLS SHARING

- Music Lessons
- Band or orchestra concerts
- Talent shows
- Cooking classes for parents and/or students

### EDUCATION-BASED PRODUCT SALES

- Books
- Plants
- School supplies

### ACADEMIC CONTEST SPONSOR DONATIONS

- Read-a-thons
- Math-problem-a-thons

## EXERCISE

### FAMILY EVENTS WITH ENTRY FEES

- Family skate parties
- Miniature golf night
- Field day or school fair
- Parent/child flag football or soccer

### ACTIVITY SPONSORSHIP

- Walk-a-thon
- Bowl-a-thon
- 3K or 5K fun runs

## EXERCISE *(continued)*

### FUNDRAISING OPTIONS FOR OLDER STUDENTS

- Car washes
- Singing telegrams for Valentine's Day and birthdays
- Dog bathing or walking services



### CREATIVITY IS KEY

Schools and student organizations can explore all the lucrative options when generating support for worthy efforts. Local School Health Advisory Committees can also be important allies in promoting healthy fundraisers on campus. Using creativity, schools, parents and communities can find activities, products and foods that will encourage local involvement and healthier directions for school fundraising.

## HEALTHY CHOICES

### NON-FOOD SALES

- Container garden starter kits
- Wrapping paper
- Household products, aprons
- Local business discount cards
- Seasonal cards, flowers or gift baskets

### HEALTHY FOOD SALES

- Campus farmers' market with fresh fruits or vegetables
- Watermelon parties
- Frozen 100 percent fruit bars
- Dried fruit or vegetables
- 100 percent fruit or vegetable juices
- Nuts and dried fruit
- Bottled or sparkling water



TEXAS DEPARTMENT OF AGRICULTURE  
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