

Fun and Healthy Fundraising Alternatives

Health Education and Resource Team
(HEART)

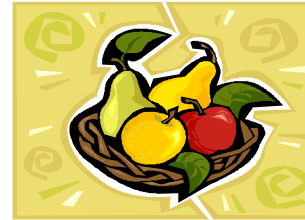
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Most schools and school-related groups do fundraising activities.

Here are some alternatives to selling candy and other 'junk' foods that can be good for your bank account and your health!

Creative Things To Sell

- ♥ Balloon bouquets
- ♥ Bath accessories, cosmetics
- ♥ Batteries
- ♥ Books
- ♥ Bumper stickers
- ♥ Calendars
- ♥ Candles
- ♥ Christmas trees
- ♥ Coffee cups, mugs
- ♥ Cookbooks
- ♥ Coupon books
- ♥ Crafts
- ♥ Earthquake kits
- ♥ Emergency kits for cars
- ♥ First aid kits
- ♥ Flowers, bulbs, plants
- ♥ Giant coloring books
- ♥ Gift baskets
- ♥ Gift certificates
- ♥ Gift items
- ♥ Gift wrap, boxes, bags
- ♥ Greeting cards, stationary
- ♥ Holiday wreaths, ornaments, mistletoe
- ♥ House decorations
- ♥ House wares
- ♥ Jewelry
- ♥ Magazine subscriptions
- ♥ Music, videos, CDs
- ♥ Pet treats, toys, accessories
- ♥ Raffle donations
- ♥ Stuffed animals



Healthy Foods To Sell

- ♥ 100% fruit juice pops
- ♥ 100% fruit leathers
- ♥ Fresh vegetable baskets
- ♥ Frozen bananas
- ♥ Frozen low-fat yogurt pops
- ♥ Fruit & yogurt parfaits
- ♥ Fruit and nut baskets
- ♥ Fruit smoothies (using at least 50% real fruit juice)
- ♥ Lunch box auctions
- ♥ Trail mix

Things that Promote the School
(with School Logo or School Spirit)

- ♥ Buttons, pins
- ♥ Calendars
- ♥ Cookbook with recipes from students, teachers, parents
- ♥ Customized stickers
- ♥ Hats
- ♥ License plates or holders
- ♥ Lunch bags
- ♥ Pencils, pens
- ♥ School art drawings
- ♥ School Frisbees
- ♥ School spirit gear
- ♥ Spirit/seasonal flags
- ♥ Stadium seats/cushions
- ♥ Student directories
- ♥ T-shirts, sweat shirts
- ♥ Water bottles
- ♥ Yearbook/book covers

Activities that Support Academics or Physical Activity

- ♥ Bike-a-thon
- ♥ Dance contest
- ♥ Jog-a-thon
- ♥ Jump rope marathon
- ♥ Math marathon
- ♥ Read-a-thon
- ♥ Spelling bee
- ♥ Walk-a-thon



Forget the candy sales . . . Get creative! You will be surprised how much money you raise AND how much fun you can have doing something new!

Creative Activities or Services

- ♥ Art show
- ♥ Auction
- ♥ Bowling night
- ♥ Car wash
- ♥ Carnivals
- ♥ Conference
- ♥ Craft fair
- ♥ Dances (kids, family, father/daughter, Sadie Hawkins)
- ♥ Family/glamour portraits
- ♥ Festivals
- ♥ Flea market
- ♥ Fun runs
- ♥ Game night
- ♥ Gift wrapping
- ♥ Golf tournament
- ♥ Lunch with favorite teacher or administrator
- ♥ Magic show
- ♥ Movie night
- ♥ Newspaper space, ads
- ♥ Raffles
- ♥ Recycling cans/bottles/paper
- ♥ Rent a special parking space
- ♥ Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- ♥ Science fair
- ♥ Singing telegrams
- ♥ Skate night
- ♥ Talent show
- ♥ Treasure/Scavenger hunt
- ♥ Workshops/classes

Resource Ideas on the Web (please note: these are not endorsements)

- ♥ Neatitems.com
- ♥ Efundraising.com
- ♥ Itsmyartwork.com
- ♥ Fudraisingbeads.com
- ♥ Nudayfundraising.com
- ♥ 123fundraising.com
- ♥ Qsp.com
- ♥ Westernfund.com
- ♥ Currentfun.com
- ♥ Dulcprinting.com
- ♥ Nutritionandkids.net
- ♥ Stockpins.com
- ♥ Treasurebooksandgifts.com
- ♥ Fundraisingdepot.com
- ♥ Stretchablebookcovers.com
- ♥ Common-threads.com
- ♥ Fun-raising.com
- ♥ Parntersforkids.com
- ♥ Fundraisingbatteries.com
- ♥ Vistamark.com
- ♥ Brickstonegraphics.com

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