

Healthy Fundraising Ideas

Contributed by admin
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Healthy school fundraising is not impossible. In fact there are more healthy fundraisers available than those that would be considered unhealthy. Schools that are very concerned about healthy eating habits might want to avoid cookie and candy bar sales - especially during the school day and on school property. It does not take a rocket scientist to understand the temptation to kids if you offer freshly baked chocolate chip cookies during the school day. The thought process is that students rightfully misunderstand the school or school group that preaches the importance of good health and then sells unhealthy foods to raise money for what tell you is a good cause.

It is true that cookies and chocolate bars have little nutritional value and would not be considered a healthy fundraising option. However, those products in and of themselves does not cause the bad state of health in today's schools. Certainly it is the overindulgence in these products combined with a lack of physical activity that are the major contributors.

There are, though, many ideas for healthy school fundraising. The best healthy fundraising option would be one that includes physical activity as the main feature of the fundraiser. We suggest schools, especially at the elementary school level, consider holding a walk-a-thon. Students are asked to walk laps around the sports field or school yard. They get parents, family, neighbors and relatives to make pledges for each unit or lap the student completes. It is a great way to promote physical fitness with healthy fundraising. Other similar options include bike a thons or jump a thons. The school or group might sponsor a 5K Or 10K run or walk.

Other healthy fundraising options might include a skating night at the local skating rink. Kids love to skate and the rink operator will love the traffic. Another exercise filled fundraising activity is holding car washes - especially if you will really let the students or fundraising participants actually wash the cars.

If you want to use one of the tried and proven product fundraisers there are plenty that might not be considered healthy fundraisers, but certainly would not be considered unhealthy. You might sell candles or gift wrap, greeting cards or coupon books, magazines or cookbooks.

And, finally, if you really want a healthy fundraising option, consider holding a farmer's market type event at your school selling items like fresh fruit and vegetables, nuts and trail mix and even bottled water.