

# Healthy fundraising ideas for schools

Schools and community groups often rely on fundraising for revenue, yet many fundraising methods do not support healthy eating or promote health.

School fundraisers are an opportunity to role model and demonstrate the importance of healthy kai and drink to your community.

This resource provides a range of healthy fundraising alternatives, many of which do not involve food. Healthy fundraising can return a decent profit as well as sending clear and consistent health messages to your wider community.

## Food for fundraising

- Plain popcorn – no added salt or butter.
- Baked potatoes filled with coleslaw or beans topped with reduced-fat cheese or reduced-fat sour cream.
- Vegetable soup with a wholemeal bread roll – great for the cooler months.
- One pot meals; fried rice, chop suey, macaroni and cheese, cauliflower and chickpea curry.
- Kebabs – fill with vegetables (e.g. lettuce, tomato, carrot, cucumber or roast vegetables) and a protein filling (e.g. lean meat, legumes or beans, hummus or reduced-fat cheese).
- Fruit kebabs – try frozen fruit kebabs in the summer.
- Corn on the cob – grilled or boiled.
- Curries with rice or roti/naan bread. Include lots of vegetables in the curry.
- Noodle boxes.
- Healthy hangi. Make sure there are lots of vegetables and lean meat (cut off the skin and fat). Portable hangis can be hired.
- Homemade burgers – fish, chicken, hamburger or ‘vege-burger’ e.g. falafel burgers. Use wholemeal/wholegrain buns, and base fillings around plenty of salad and vegetables.
- Home-made pizzas – chicken, chilli bean, prawn or lamb. Use pita breads or muffin splits as a base and top with plenty of vegetables and sprinkle with cheese.
- Toasted sandwiches – combine pineapple, tomato or spinach with cheese and lean meats like chicken.
- Community breakfast – approach local supermarkets, bakeries, produce stores for donations of nutritious breakfast foods.
- Sell fruit/vege boxes or produce from the school’s edible garden to the community.
- Filled rolls – set up a production line and use wholegrain rolls or pita pockets and lots of salad and a protein filling like egg, tuna, chicken or hummus.
- Sushi – choose vegetarian or lean meat (chicken, beef, tuna) and vegetable fillings.
- Pancakes or pikelets topped with seasonal fruit and yoghurt.



## Activity-based fundraisers

- Walk, run, bike, swim or dance-a-thons.
- School Fun Run [schoolfunrun.co.nz](http://schoolfunrun.co.nz).
- Indoor rock climbing event.
- Car washes and car rallies.
- Aerobics workout, backward walk, badminton, touch rugby or 5-a-side tournament.
- Golf tournament or a hole-in-one competition.
- Ball, barn dance, cabaret night, themed disco party.
- Duck race, gumboot throwing competition, teddy bears' picnic, treasure hunt, tug-of-war, midwinter swim (polar dip), pedometer challenge.
- Sponsored 'shoot-out' – sponsorship is obtained for the number of successful soccer goals, rugby conversions, netball goals or basketball hoops out of 100.
- Treasure hunt – participants walk or run collecting information along the way.



## Hold an Event

- School gala or fair – encourage balanced food options. Include fun games such as 'throw a wet sponge at your kaiako!'
- Wild Foods Festival – chicken feet or grasshoppers anyone? Get creative!
- Cultural evening, quiz night, talent quest, bingo night or movie night at a local cinema– include supper in the ticket price (or sell nutritious snacks as extras!).
- Sponsored knowledge-a-thon – general knowledge, spell-a-thon, maths-a-thon or read-a-thon.
- Hold a market day – sell nutritious kai, produce, clothing, plants and crafts. Invite local community or businesses to participate and sell their items.
- Art auction – as well as volunteers' amateur efforts you could involve local and national artists to gain greater exposure for the event or, hold an art sale – set up a stall or sell through local cafes.
- Celebrity speakers/chefs.
- Garden ramble or kitchen tour.
- Garage sales, car boot sale, book/comic fair, bring and buy sale, nearly new sale or trash and treasure sale.
- Easter, Matariki, Diwali or Christmas festival – sell nutritious cultural food.
- Ladies night with a cooking demonstration, fashion show or pamper session.
- Glad Rag Grab – sell tickets to a clothing sale/swap with items donated by the community.
- Scrap metal collection – swap scrap metal for cash.
- Food Stall – have your ākonga cook food from the Heart Foundation's cookbooks.



## Creative products and raffles

- Propagate and sell potted seedlings.
- Sell packets of seeds [kingsseeds.co.nz](http://kingsseeds.co.nz).
- Put together a balanced, nutritious food hamper as a raffle prize.
- Sell sunhats, sunscreen, pencils, scarves, beanies or gloves.
- Collect and sell firewood and pinecones, flower bulbs or fertiliser.
- Service-related raffle – raffle several hours of volunteers' time.
- Greeting cards – ask budding artists to design cards to sell.
- Christmas or birthday wrapping paper – ākonga design their own to sell.
- Make your own recipe book with input from the community.
- Sell ceramic tiles to the community to decorate, then create a mural/display at school.
- Grow your own olive trees and press the oil.
- Calendars, tea towels, aprons or shopping bags featuring children's art or historical scenes featuring local events.
- Ecostore soap [ecostore.co.nz/fundraising](http://ecostore.co.nz/fundraising).
- Homewares – tea towels, aprons, labels, stickers.
- Gifts – candles, craft, jewellery, canvas artwork or block mounts.
- Toys – bubble wands, glow sticks, LED lights, tattoos.
- Books – cookbooks, magazines, calendars, entertainment books.
- Water bottles – branded with school name/logo.
- Family portraits.
- Wristbands – customised silicone bands [gowristbands.co.nz](http://gowristbands.co.nz).
- Lanyards – customised, USB lanyards or water bottle lanyards.
- Bags – book bags, swimming bags, dance bag, pencil case, customised bags [kaboodlebags.co.nz](http://kaboodlebags.co.nz).
- Reusable sandwich wraps – makes sandwiches appealing to tamariki and reduces glad wrap.
- Lunch boxes with partitions.
- The Village Press Olive Oil fundraisers [thevillagepress.co.nz](http://thevillagepress.co.nz).
- Personalised labels and tags for clothing, bags, water bottles and lunchboxes [stuckonyou.co.nz](http://stuckonyou.co.nz).
- Personalised bottled water – branded with your school name [purewai.co.nz](http://purewai.co.nz).
- 'Yummy' apple fruit stickers fundraiser [yummyfruit.co.nz](http://yummyfruit.co.nz).
- Fuel for Schools [southfuels.co.nz/fuel-for-schools/](http://southfuels.co.nz/fuel-for-schools/).



For resources and support to improve your school's food environment, check out [heartfoundation.org.nz](http://heartfoundation.org.nz).