

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. It's easy to get stuck doing the same fundraisers year after year with the belief that doing something different will mean more effort and less profit. Be unique, try something different!

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

*All recipes underlined are available to download from www.fuelled4life.org.nz

- [Plain popcorn](#) – no added salt or butter
- Baked potatoes filled with coleslaw or beans and a little edam 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 Cheese](#)
[Cauliflower and Chickpea Curry](#)
- American-style hot dogs - boil saveloys or frankfurters first. Use reduced fat sauces and toppings like a sprinkle of edam cheese, onion or relish
- Chicken/lamb/vege kebabs – use lean meat and cut off fat. Add vegetables such as lettuce/tomato/ carrot/cucumber
- Fruit kebabs – try frozen fruit kebabs in the summer
- Corn on the cob – grilled or boiled
- Roti/naan bread
- [Curries](#) with rice
- [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
- Lean burgers – [fish](#), chicken, [hamburger](#) or 'vege-burger' e.g. falafel burgers. Use wholemeal/ wholegrain buns, use reduced fat sauces and add lots of salad.
- Home-made pizzas – [lamb](#), [tuna](#), [chicken](#), [vege](#) or split english muffins or use pita bread as a base and add vegetable toppings and a sprinkle of cheese
- Delicious fruit [smoothies](#) are great refreshments, especially in summer. Try banana, strawberry, carrot or apple and remember to use reduced fat milk and yoghurt
- Try green 'Hulk' smoothies using spinach from the school garden, reduced fat milk and a banana
- Toastie pies (using a toasted sandwich maker). Remember to add lots of veges
- Community breakfast – approach local supermarkets, bakeries, produce stores for donations of healthy 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
- [Sushi](#) with salad fillings
- Pancakes or pikelets topped with banana

Sausage Sizzles continue to be a popular fundraising tradition. While sausages are not an ‘everyday’ food, follow these tips for a healthier sausage sizzle:

- Use wholegrain/wholemeal bread
- Don’t spread the bread with margarine or butter
- Choose lower-fat sausages
- Pre-boil sausages to remove some of the fat
- Don’t add fat/oil during the cooking process
- Offer toppings like salad, coleslaw, onion, mushrooms, lite tomato sauce, mustard, relish or salsa.

Activity-based fundraisers

- Jump Rope for Heart skip-a-thon www.heartfoundation.org.nz/jrfhschools
- Walk, run, bike, swim or dance-a-thons
- Adidas School Fun Run www.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 bear’s 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 healthy food options. Include fun games such as ‘throw a wet sponge at your teacher!’
- 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 a healthy supper in the ticket price (or sell healthy snacks as extras!)
- Sponsored knowledge-a-thon – general knowledge, spell-a-thon, maths-a-thon or read-a-thon
- Hold a market day – sell healthy food, produce, clothing, plants and crafts
- 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
- Clairvoyant psychic mediums or hypnotherapists
- 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 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 students cook food from the Heart Foundation’s cookbooks.

Creative products and raffles

- Propagate and sell potted seedlings
- Sell packets of seeds www.kingsseeds.co.nz
- Put together a healthy 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 – students design their own to sell
- Make your own healthy 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
- Button Buddies – novelty items created from buttons www.buttonbuddies.co.nz
- Eco-Store Soap www.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, CD’s, DVD’s, Entertainment books
- Drink bottles – branded with school name/logo
- Family portraits
- Wristbands – Customised silicone bands www.gowristbands.co.nz
- Lanyards – customised, USB lanyards or drink bottle lanyards
- Bags - book bags, swimming bags, dance bag, pencil case, customised bags www.kaboodlebags.co.nz or www.bigpirana.co.nz
- Reusable sandwich wraps – makes sandwiches appealing to children and reduces glad wrap
- Lunch boxes with partitions
- The Village Press Olive Oil fundraisers www.thevillagepress.co.nz
- Personalised labels and tags for clothing, bags, drink bottles and lunchboxes www.stuckonyou.co.nz
- Personalised bottled water – branded with your school name www.purewai.co.nz
- ‘Yummy’ apple fruit stickers fundraiser www.yummyfruit.co.nz
- Fuel for Schools www.southfuels.co.nz/fuel-for-schools/

For resources and support to improve you school’s food environment, check out www.learnbyheart.org.nz and sign up to our free Heart Start programmes.

For more recipe ideas and inspiration, check out www.fuelled4life.org.nz