

# HEALTHY FUNDRAISERS

There are many occasions when schools need to fundraise, whether it is the next school camp or sports trip or even to fund new equipment or upgrade the playground. When you are busy it is often easier to do the same activity again and again and this may be selling junkfood – fundraising can be a good opportunity to promote healthy choices and engage the wider school community. Next time you need to fundraise for your school try one of the ideas below.

- **Student Jobs** – students can hire themselves out for household chores – all proceeds to the school
- **Auctions** – Gather up un-used items from school families and sell them in an auction – one man’s junk is another man’s treasure!
- **Walk-a-thons and Fun Runs** – these ideas promote physical activity and can involve the whole family
- **Book Fairs** – this popular fundraiser promotes literacy while raising revenue
- **Fun School Community Event** – Run a ball, barn dance or disco.
- **GST Auction** – goods, services and talents auction where parents sell their skills for a price
- **Leisure Activity** – work in with local leisure providers (eg: swimming, ten-pin bowling, ice-skating) to sell vouchers/concession booklets with a percentage being donated to the school
- **Approach Local Businesses** – parents (and children sometimes) can assist local businesses for a fee that goes to the school Eg: deliver advertising fliers, supermarket stocktake, stuffing envelopes
- **Raffle** – approach local businesses for healthy food products or other donations that can be raffled off to the school community
- **Car Wash** – Run a car wash in the school grounds
- **Market Day** – Run a market day selling healthy food, produce, plants and crafts and charge stall holders to have a stand
- **Talent Quest** – Charge those attending for the show and a healthy supper

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## Healthy Nibbles Nutrition Updates for Primary Schools

Date: May 2010

Code/Reference: NUT0007AAD

Authorised by: Nutrition and Physical Activity Team

For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha