

# Healthy Fundraising!

Early childhood centres commonly have to rely on their communities to help raise extra funds. Fundraising is a great way to involve families and communities in the life of the centre. Unfortunately, fundraising options often contradict the healthy eating message that parents and staff promote, with the sale of high fat and high sugar foods, such as chocolate and pies.

## What's your centre's stance on fundraising?

Here are some ideas other centres have used as successful fundraisers:

- A scheme selling **sunscreen** is available via the fundraising website [www.bravoprojects.co.nz](http://www.bravoprojects.co.nz) Each sunscreen stick sold produces a profit of \$3. This company intends to add other healthy fundraisers over time so keep an eye on it!
- Activity based fundraisers – trikeathon, centre disco, sponsored walk, games, car wash.
- Loyalty schemes with local businesses – the business donates an amount from every haircut, pot of paint, Telecom phone bill etc when customers come from the school.
- Selling vouchers/deals to leisure activities such as the movies, ten pin bowling or swimming centres.
- Fashion show, trivia quiz night, auction, celebrity debate, garden tour, talent quest, calendars, t-shirts or cards using the children's art.
- Sale of items – firewood, flower bulbs, fertiliser, toilet paper, car boot sale, book fair, monster garage sale...

### How to make your sausage sizzle healthier!

Choose fresh wholemeal bread, there is no need to butter it.

If you are able, ask your local butcher if they can provide lower fat sausages or pre-boil sausages to remove some fat.

Consider adding coleslaw and onions.

**How about including a piece of fresh fruit with each sausage purchased? A slice of watermelon for summertime or a mandarin for winter sizzles.**

### Other hot ideas!

Lean burgers with coleslaw.

American style hot dogs with boiled saveloys or frankfurters in a bread roll.

Baked potatoes filled with coleslaw and a little cheese or sour cream.

Hot vegetable soup with a garlic roll.

Tacos with lean meat or bean sauce and salad.

*Keep food safety in mind. Remember Clean, Cook, Cover and Chill.*

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## Healthy Nibbles for Tots

Nutrition & physical activity information for Early Childhood Centres.

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

October 2005

Authorised by: Nutrition and Physical Activity Team Code: NUT0022q

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha