



Healthy School Fundraising

Why should GIPS schools avoid food-related fund-raisers?

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. When unhealthy foods are sold "for a good cause," students may think that such foods are a normal, healthy part of a balanced diet. However, cookies and candy have little, if any, nutritional value, and using them in fund-raisers contributes to poor eating habits. Schools should, instead, encourage truly healthy eating habits by avoiding things like candy sales, as well as other unhealthy food-related fund-raisers.

Fundraisers that support academics...

- Read-a-thon
- Science fair
- Spelling Bee
- Workshops or classes of interest

Fundraisers that support the arts...

- Art show
- Concerts
- Dances
- Play and musicals
- Talent show
- Singing telegrams
- Rent-a-band or rent-a-choir



Fundraisers that support physical activity...

- Walk-a-thon
- Bike-a-thon
- Jump-rope-a-thon
- 10k run
- Fun run
- Golf, tennis, horseshoe, or other sport tournament
- Bowling or skate night
- Sports camps or clinics

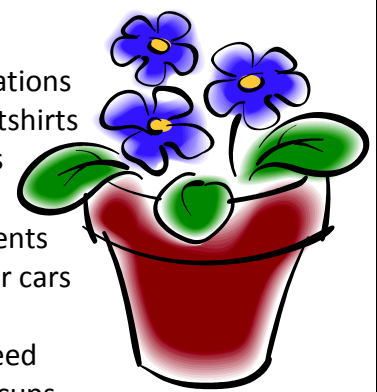
Activities you can DO...

- Bagging groceries at a local supermarket
- Garage sale
- Auction or silent auction
- Carnival
- Car wash
- Game night
- Craft show
- Haunted house
- Recycling drive



Items you can sell...

- Candles
- Gift wrap, boxes, bags, Greeting Cards
- Magazine subscriptions
- Coupon books or cards
- Holiday wreaths / Mistletoe
- Gift certificates
- Cookbooks
- Balloons / Decorations
- T-shirts and sweatshirts
- Books / Calendars
- Buttons and pins
- Christmas ornaments
- Emergency kits for cars
- School spirit gear
- Plants, flowers, seed
- Coffee mugs and cups
- Scarves and stocking caps
- Spirit, seasonal, state, or US flags
- Megaphones / School Frisbees
- Decals / Bumper stickers
- License plate holders w/ school logo
- Valentine flowers
- Stadium pillows or seats



- Bingo night
- Karaoke night
- Chess, checkers, or other board game tournament
- Treasure hunt or scavenger hunt