



# Fun, Healthy Fundraising!

Children are often involved in raising money for their school community. However, fundraising ideas such as selling chocolate bars or cookie dough do not support healthy eating and physical activity. Healthier choices are available.

## Try some of these fun, healthy fundraising ideas:

### Items You Can Sell:

- Profile your school community! Sell promotional items that are branded with your school's logo/colours. For example you can use: Travel mugs, water bottles, hats or t-shirts
- Cookbooks or calendars put together by parents, teachers, and athletes
- Coupon books from local retailers
- Gift Baskets, gift certificates, gift wrap, gift boxes and gift bags
- Greeting cards
- Holiday ornaments
- Magazine subscriptions
- Flowers, plants, flower bulbs, trees
- Raffle tickets

### Fundraisers that Support Physical Activity:

- Skate Night
- Bowling Night
- Fun Run, Fun Walk
- Golf Tournament
- Skate-a-thon, Bike-a-thon, Jump rope-a-thon, Walk-a-thon
- Sports Tournament (Basketball, Volleyball, Tennis, Badminton, etc)

### Fundraisers that Support the Arts:

- Art Show
- Concert, Play or Musical
- Dance
- Karaoke Competition
- Singing Telegram
- Talent Show

### Fundraisers that Involve the Community:

- Auction
- Car Wash
- Craft Show/Sale
- Gift Wrapping
- Festival/Carnival
- Rummage Sale
- Treasure/Scavenger Hunt
- Workshop or Class

### Healthy Food Fundraisers:

- Assorted low fat Cheese Baskets
- Fresh Fruit by the Box
- Fruit and low salt Nut Baskets
- Lunch Box Auctions
- Spices
- Gourmet Whole Wheat Pasta Packages
- Air Popped Popcorn



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729

[durham.ca/health](http://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.

