

BMRSD Wellness Committee Ideas for Fundraising Alternatives

Schools can help promote a healthy learning environment by using these suggested healthy fundraising alternatives for parent groups and/or sports organizations.

Items You Can Sell:

- Air fresheners
- Balloon bouquets
- Batteries
- Books
- Candles
- Coffee cups or mugs
- Emergency kits for cars
- First aid kits
- Flowers, bulbs, plants
- Garden seeds
- Gift certificates (nonfood items)
- Gift wrap, boxes and bags
- Greeting cards
- Holiday ornaments
- Holiday wreaths
- Jewelry
- Magazine subscriptions
- Newspaper space, ads
- Pet treats/toys/accessories
- Scarves
- School art drawings
- Souvenir cups

Custom Merchandise:

- Bumper stickers and decals
- Calendars
- Flying discs with school logo
- License plates or holders with
- School spirit gear
- T-shirts/sweatshirts

Other Fundraising Activities:

- Read-A-Thon
- Science Fair
- Spelling Bee
- Bike-a-thons
- Bowling night/bowl-a-thon
- Carnivals/festivals
- Family portraits
- Fun runs
- Gift wrapping
- Jump-rope-a-thon
- Magic or Talent show
- Walk-a-thons
- Art Show
- Volleyball Marathon

Candy, baked goods, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these foods, but students pay the price. An environment that constantly provides children with sweets promotes unhealthy habits that can have lifelong impact. Schools can help promote a healthy learning environment by using some of the healthy fundraising alternatives above.

Take The Pledge To:

- Limit the availability and promotion of food-based fundraising products for PreK-12 schools;
- Make available non-food fundraising products that yield the same or better profit margins than food products used in fundraising campaigns; and
- Ensure that food products, when available for school fundraisers, support a healthy lifestyle such as those mentioned on the “A List” located at www.johnstalkerinstitute.org/alist/

Any comments or suggestions, please contact Food Service Director/Wellness Committee Representative Jeanne Sheridan at schoolnutrition@bmrsd.net . Thank you.