

Healthy Fundraising Ideas

A How-To Guide by Linda Mattson RD SNS

Fundraising is an excellent experience for students to learn the value of community service as well as money. The experience can be made even more rewarding by encouraging healthy habits. Listed below are ways students can fundraise while promoting healthy lifestyles and learning valuable business skills. Be sure to check district policy before starting a fundraiser.

Activities & Events

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| Walk-a-thons | Scavenger hunt | Chess, checkers or other tournaments |
| Bike-a-thons | Carnival | Treasure hunt |
| Hoop-a-thons | Guessing games | Read-a-thon |
| Sled-a-thons | Golf tournament | Workshops or classes |
| Dinner fund raiser | Jump rope for heart | Art show |
| Festivals | Car washes | Concerts |
| Science Fairs | Craft sales | Plays and musicals |
| SAT practice | Basketball tournament | Rent-a-band, rent-a-choir, or rent-a-music group |
| Tennis matches | Spring yard work | Jump-rope-a-thon |
| Garage sells | Singing telegrams | 5 mile run/walk |
| Rent-a-teen or rent-a-kid | Family portraits | Tennis, horseshoes or other sport tournament |
| Bowling nights | Musical chairs | Sports camps or clinics |
| Skating nights | Game night | White Elephant auction |
| Fun runs | Haunted house | |
| Dances | Penny war | |
| Talent shows | Recycling drive | |
| Spelling bees | Bingo night | |
| Auctions | Karaoke competition | |
| Magic show | | |

Community Service

There are many ways students can raise money while helping the community. For example, events such as rent-a-helper, holding a workshop, a recycling drive, shopping donation programs, corporate donations or taking portraits are all things that the community would be able to participate in helping students make money.

Things to Sell

Besides the general ideas listed above, there are many other things that students can sell, rather than having a bake sale.

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| Magazines | Gift wrap | Foot warmers or slippers |
| Bath accessories/lotions | Gift items | Spirit, seasonal, state or US flags |
| Batteries | Coupon books | Decals |
| Buttons/Pins | Holiday wreaths | Bumper stickers |
| Gift baskets | Gift certificates | License plate holders with the school logo |
| Frisbees | Cook books | Giant coloring books |
| Scarves | T-shirts and sweatshirts | Tickets to sporting and fine arts events |
| Tupperware | Air fresheners | Valentine flowers |
| Hats | Customized stickers | Artwork |
| Healthy snacks | Crafts | Stadium pillows |
| Ornaments | First aid kits | Videos and CDs |
| Decorations | Emergency kits for cars | Picnic baskets |
| Megaphones | School spirit gear | Fresh fruit |
| Calendars | Plants, flowers, poinsettias and seeds | Fresh vegetables |
| Books | Brick, stone or tile memorials | Fruit baskets |
| Jewelry | Temporary tattoos | Nuts |
| Toys | Stuffed animals | Trail mix |
| Pet treats | Coffee cups/mugs | Fruit smoothie mix |
| Stationary | Elephant rides | Frozen bananas |
| Mistletoe/Trees | Pet treats, toys, and accessories | Fruit and yogurt parfait |
| Seeds/Bulbs | Rent a special parking space | |
| Newspaper ads | | |
| Football seats | | |
| Balloons | | |
| Candles | | |
| Greeting cards | | |

Unique Prize Ideas to Enhance Your Next Fundraising Event.

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| Donated items from local businesses | Bath gift box |
| Gift certificates | Coupons for "teen helpers" |
| Gift baskets | Team clothes |
| School art projects | CD's |
| Parent VIP parking passes for parents | DVD's |
| Sports equipment | Free car wash(by students) |
| Golf balls | Plants |
| Baseballs | Stuffed animals |
| Tickets to plays or concerts | Ski lift tickets |
| Movie theater tickets | "World's Best Parent" pin |
| VIP school event tickets | Spa days |
| Salon gift cards | School spirit items |

Framed pictures
Proud parent bumper stickers
Tickets to professional sports game
“ Mom’s night out (Babysitter) coupon
Free classes/seminar
Yearbook space
Travel mugs
Automatic key finder

Eyeglass cleaner
Grocery store gift cards
Gas gift cards
Greeting cards
Notebooks/stationary
Jewelry
Posters
Board games

Donations

- **Escrip**-Supporters register grocery loyalty (like Safeway), debit and credit cards, and participating merchants will make contributions to your chosen group, based on your purchases made. Paperwork-free, the purchases are tracked and available online. Sign up at www.eSrip.com
- **Albertson’s Community Partners**- School or PTA must join the CP Program. Supporters indicate which organization they support when applying for Preferred Savings Card (or retroactively). A percentage of sales go to the school. On-line tracking available. Info at www.albertsons.com
- **Schoolpop**-Register at this site and your school will automatically get a donation every time you shop at hundreds of online merchants, like L.L.Bean, Barnes & Nobles, Expedia, Kmart, Macy’s, Nordstrom’s. Works for many catalogs and stores too. <http://www.schoolpop.com/cgi/welcome/cgi>
- **Target**- The Target school Fundraising Program makes a donation to your school every time you shop with a Target Visa or Guest card. http://target.com/target/group/schools/search_school.jhtml
- **Office Depot**- Sign your school up for the “5% Back to Schools” program, and families who buy their back to school supplies at Office Depot can simply give the name of the school to the cashier and 5% of their purchase price will be rebated to the school. <http://www.community.officedepot.com/local.asp>
- **Corporate Donations**- Many corporations, such as Boise (Office Max), Levi Strauss, Charles Schwab, Starbucks, Macy’s, Radio Shack, Wells Fargo, and Bank of America will match employee contributions to schools. Some companies such as The Gap and Starbucks, will make a cash donation to a school for volunteer hours worked by a parent. Remind parents to check with their employer to see if such benefits are available. Macy’s hosts Benefit Shopping Days. Schools participate by selling tickets that give customers a discount on Macy’s purchases during the event. Schools keep 100% of their ticket sale proceeds and get an additional donation through in-store ticket redemption. Macy’s Hotline: 1-800-287-7426
- **Benefit Events** – Some stores and restaurants will allow your school to sponsor a day or evening benefit. The school publicizes the event and distributes flyers: customers bring the

flyer with them and a portion of their purchase is donated to the school. Try Border for book shopping- Chevy's or Fresh Choice for dinner.

- **Scrip**- Many stores sell scrip. These are gift certificates which your school can buy at the reduced price (usually about 8-10% off face value) and then resell at full face value. Stores which sell scrip include Macy's, J C Penney, Mervyn's, Payless Shoe Source, Fresh Choice, Good Life Grocery, and Rainbow Grocery.
- **ChicoBag**- Be eco-friendly and efficient with your fundraisers. The ChicoBag is a compact, eco-friendly, reusable grocery or utility bag that comes with its own case. A 50% profit can be made at a selling price of \$5 each.

Earth Friendly Fundraisers

FUNDRAISING IDEAS & PRODUCTS CENTER

<http://www.fundraising-ideas.org/listings/recycle.html>

If you are looking for a high profit fundraiser that enhances educational curriculum and promotes earth friendly behavior throughout the community. Try the following recycling suggestions:

- **Smencils**- Gourmet scented pencils made from recycled newspapers. It's fundraising with a purpose: "Saving trees...one pencil at a time."
- **FundingFactory**- Get paid for collecting used printer cartridges and cell phones! Free fundraising kit.
- **EcoPhone's**- recycling fundraiser pays up to \$300 per item for cell phones, ink jets, DVDs, laptops, MP3 players, video game boxes, digital cameras & picture frames, GPS devices.
- **Empties4Cash.com**- Up to \$4 for empty inkjet cartridges, 100% profit.
- **Cartridges for Kids**- Recycle empty inkjet, laser, fax, and copier cartridges.
- **C-REP**- Fundraising with empty cartridges, free promotional and collection materials.
- **Ecco Recycles Inc.** - Used printer cartridge recycling program. Paid collection boxes, signs, posters, and shipping.
- **Recycle Rewards**- Earn funding by collecting used printer cartridges and cell phones. Free shipping, supplies, promotional tools, and online accounting.
- **RecycleFirst**- Provides free recycling programs.
- **Recycle-Free** – Specializing in recycling of plastic inkjet cartridges for schools.
- **Ink and Toner Project**- A no cost fundraising program to help preserve the environment.
- **Trading Connection** – Easy printer cartridge recycle program.
- **Safe Spray** – Unique home & garden tool for fundraisers.
- **CrunchTime** – A green products fundraising site: http://www.crunchtime.org/fundraiser_login.php?pg=fundraiser
- **All Natural Me Eco Shop** – Lotion Bar Fundraising available at : <http://allnaturalme.com/store/WsAncillary.asp?ID=10>
- **One Planet Fundraising** – Sell compact fluorescent light bulbs available at: <http://oneplanetfundraising.com/cffundraiseroverview.aspx>
- **Friendship Used Clothing Collection, LLC** – A great way to serve your community while raising funds for your organization.

- **St. pauly textiles Inc.** – Fundraising, get clothing to people who can use it the U.S and in 3rd World countries.
- **Green Promotion** – A catalog of earth-friendly products for fundraisers available at: <http://www.greenpromotion.com/fundraising/index.htm>
- **Epromos**-Fundraising promotional products, some recycled and organic available at: <http://www.epromos.com/browse/Nel-N14138-13931.html>
- **Fundraising Green-** “My GreenSpark” , A fundraising coupon book to green up your home, pets or even your vacation available at : <http://www.fundraisinggreen.com/fundraising.php>
- **Peaceful Pursuits-** Fundraising with Politically perfect paper 100% reclaimed available at : <http://www.chebucto.ns.ca/~peaceful/rainy.html>
- **Green Bag Sales-** Reusable grocery bags for fundraisers available at: <http://www.greenbagsales.com/zencourt/>
Earth Friendly Fashions and Bags:
Dodo bag –Tote bag 15”x18”x4” Holds 40 lbs.
Pack-n-Tote- Reusable grocery bags

School Spirit

Here are some great ideas to support school teams and the entire student population

Sell

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|---|---|
| <ul style="list-style-type: none"> -Bumper stickers -License plate frames - Key chains - School supplies - Stadium blankets -Hats/Headbands -T-shirts/Jackets -Gym clothes/bags -Newsletter ad space -Coffee mugs -Water bottles -Band CD’s or tapes - Pins/Stickers | <ul style="list-style-type: none"> -School Logo Stationary -Student Directories -Sports equipments with School logo -School flags - Tickets to school events -Flowers that are the school colors -Backpacks -Stuffed school mascot toys -Scrip -Glow in the dark novelties -Grad gifts -Teacher gifts |
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Special Events

- | | |
|---|--|
| <ul style="list-style-type: none"> -Face Painting -Singing Telegram -Boys vs. Girls sports games -Jump Tope for Heart -Triathlons, Math-athon, spell-athon -Teacher or Parent sports game -Dance Marathon -Father/daughter dances -Flea Market - Hiking trips | <ul style="list-style-type: none"> -Craft day -Treasure Hunt -Recycling day (phones, cans, paper) -Teacher’s talent show -Band concert/Magic show -Three-legged-races -Book exchange -Movie showing -Water balloon contest -Coloring contest |
|---|--|

- School rally/Carnival
- Gift wrapping day
- Guest speakers

- Chuck a Puck at the Rink
- 50's night
- Seasonal photos/Senior ball

Ideas with a Creative Edge

Here are some other ideas you may not have thought of!

Fashion show

Have students bring in their favorite costumes to display all together in a fashion show.

Art show and Sale

-Have students create their own art and have family and friends come look at their creations and purchase them

Jewelry sale

-With beads and thread have students make their own necklaces, bracelets, anklets and other jewelry and hold a sale for these items.

Math marathon

-Hold a math marathon, have students complete math problems to the best of their ability similar to a Spelling Bee.

Science Fair

-Have students design their own booth to set up for a science fair and have guests purchase tickets to attend and look at all the booths.

Art Show and Sale

-Sell paintings and drawings that the students themselves have created at an art show hosted by the students for their family & friends.

Milk Mustache Pictures

-Have students take one another's pictures with milk mustaches and sell to parents.

School flags

-Have students draw out the school logo, laminate and sell as flags to parents to show school pride!

Creative Gift Wrapping

-Using long roll of paper, have students paint pictures in them and sell them as wrapping paper, it's a real personal touch!!

The Value of Homemade

The concept of making their own items to sell gives students the opportunity to appreciate hard work and be proud of the items they sell. Here are some ideas on how students can personalize these items.

Greeting cards/Calendars-purchase blank greeting cards and have students draw pictures on each day individually, this way each card will have its own unique touch. Sell student designed calendars.

T-shirts- Have students work together to design a picture they would like to have put on a T-shirt to sell. There are some companies that will take these designs and put them on T-shirts as well as coasters, bags, coffee cups, and calendars for you.

Air fresheners- Send your school logo to a company to have air fresheners made. It's simple, fast, and personalized.

Plants- Help students grow plants that they intend to sell. Make sure whatever plant you choose is not hard to grow, and doesn't take too much time.

Candles- Buy candle-making kits that students can make their own candles to sell. Using different colors and designs will allow kids to experiment with their creativity.

Flowers- With a variety of flowers to choose from, let students carefully design their own small bouquets to sell to customers.

Ornaments/ Ceramic Tiles- Purchase bare ornaments or tiles for students to hand decorate and sell.

Cookbooks- Gather parents' old kid-friendly recipes together and have students organize and put together cookbooks to sell.

Dog treats- There are many homemade recipes for dog treats, many are easy and fast. Help students make the dough and cut out dog treats to sell.

First aid/ Car emergency kits are a great project for kids, provide them with all the things that should be included and have them put everything in a bag together to create the kit.

Emphasizing Physical Activities

While any of the fundraising ideas we've talked about are great for students, fundraising events that emphasize their health and wellness provide the extra benefit to the fundraising experience. It makes them excited about participating in physical activity and learn what activities they really enjoy doing. Here are some tips on how to get a physical-activity Fundraising event together.

- Make sure it is an event that all students can participate in, something that is fun, relatively easy and not extremely competitive.
- Provide prizes to students for the amount of money they collect for the Fundraiser, not for being the 'best' at the activity, this encourages competitiveness which may cause some students to hesitate to participate.
- Encourage all students, cheer and congratulate regardless of their placement in an event.
- Make sure all participants encourage one another. This ensures a positive environment for students to cooperate in.
- Do NOT reward their activity with food. Prizes such as bookmarks, erasers, water bottles, coupons, or coloring pages will be just as appreciated.
- Consider group activities as well as individual activities. Group activities give the students experience of working together, while individual activities allow them to work on their individual skills.
- Inform parents of the event you intend on hosting and let them know it is a fundraising event. Parents can donate money as well as help their children find other sources of donation.
- Give certificates to students for completing the activity. This ensures they feel proud of what they accomplished and understand that they made a difference in the community.
- Try to include students in the planning process. The feeling of contribution will encourage their participation in community service.

- Make a big deal about the hard work the students put in. This will encourage them to participate again.

Sources for Fundraising Ideas and Supplies

Ideas:

- www.efundraising.com
- www.westernfund.com
- www.fund-raising.com
- www.kidsgardening.com
- “NoBake” Bake Sale <http://www.reacheverychild.com/feature/fundraisers.html>
- Kid-oriented Natural hair care products <http://www.hairbrain.com>
- Party bags for birthday parties <http://kipbro.com/>
- School photo ID <http://www.reiker.com/picturesplus.html>
- Educational games <http://www.ingenuity.com/index.htm>
- KidsArt Inc. fundraising cards <http://www.kidsartinc.com/>

Supplies

- www.neatitems.com
- www.itsmyartwork.com
- www.fundraisingbeads.com
- www.nodayfundraising.com
- www.qsp.com
- www.currentfun.com
- www.dulcprintnig.com
- www.fundraisingdepot.com

Benefit events:

- <http://www.bordersgroupinc.com/community/local.htm>
 - <http://www.chevys.com/framset.html>
 - <http://www.freshchoice.com/fundraising.html>
 - <http://www.macy's.com/story/service/fundraisingin.jsp>
- <http://www.jcpgiftcard.com/fundraising.asp>