

Healthy Fundraisers

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit. Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. The following fundraising ideas offer alternatives to selling candy. When healthy food choices are used as fundraising times, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Schools could sell a variety of non-food items such as:

Gift wrap
Magazine subscriptions
Garden seeds
Candles
Discount coupon books
Raffles of gift baskets
Plants and Flowers
School Spirit Items
Cookbooks

Other Ideas:

Car Washes
Walk-a-Thons
Family game nights or skate nights
Hire a student for a day – for odd jobs, babysitting services, etc.
3-on-3 basketball or soccer tournaments
Silent auction
Talent Show
Monday night football “Dads Night Out”
Moms night out – restaurant discounts
School Movie Night (free movies can be rented at library)
Raffle of Dinner prepared by school faculty
Fashion Show
Dinner and a movie
Dinner Theatre (students perform play)
Parent “principal of the day”
Sell VIP parking spaces

Alternative Ways to Discipline

The benefits of recess include improved attention, reduced fidgeting, mental and physical break from the school day and allows students to be active and release energy. Withholding recess for whatever reason should be discouraged. The following are alternatives to this practice:

- 1. The child gets a strike for each time he/she misbehaves. Have a different consequence for each strike (i.e. strike 1: warning, strike 2: parent receives call from the teacher, strike 3: child is sent to principal's office).**
- 2. Student must clean up the mess he/she made (pick up toys in the classroom, put away books in the library, or pick up trash outside while others play during recess).**
- 3. Student must write a letter of apology explaining what he/she did wrong.**
- 4. Student must write an essay on what he/she did wrong and how to behave better next time (good for reflection and self-evaluation).**
- 5. Student is given extra homework.**
- 6. Have the student and teacher call home together to report misbehavior to family.**
- 7. Send a note about misbehavior home, have it signed by parent and return it the next school day (try to involve parents w/ improving student's behavior).**
- 8. Do community service.**
- 9. Have the student miss a class trip or school event if he/she cannot behave properly.**

Reference: <https://cspinet.org/resource/alternative-school-discipline-options-withholding-recess>

Non-Food Rewards

At school, home and throughout the community, kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive and can bring about short-term behavior change. Using food as a reward undermines nutrition education, encourages overconsumption of extra calories, and teaches children to eat when they are not hungry (seeking food as a source of comfort).

There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over-consumption of foods high in added sugar and fat.
- It teaches kids to eat when they’re not hungry as a reward to themselves.
- Kids learn preferences for foods made available to them, including those that are unhealthy.
- Poor food choices and inadequate physical activity contribute to obesity in children.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

Zero Cost Alternatives:

Sit by friends

Read outdoors

Have an extra art time

Have an extra recess

Read to a younger class

Make deliveries to office

Play a favorite game or puzzle

Walk with a teacher during lunch

Invite a “lunch buddy” to eat with

Listen with headset to book/audiotape

Have a teacher read a special book to class

Give a 5-minute chat break at end of day

Watch a video

Teach the class

Enjoy class outdoors

Play a computer game

Get a “No Homework” Pass

Listen to music while working

Earn play money for privileges

Eat lunch outdoors with the class

Be a helper in another classroom

Get “free choice” time at end of day

Low Cost Alternatives:

Select a paperback book

Take a trip to treasure box (non-food)

Receive a video store or movie coupon

Receive a “mystery pack” (notepad, folder, sports cards, etc.)

Enter a drawing for donated prizes

Get stickers, pencils, other supplies

Get a set of flash cards (from comp)

Healthy Snack Ideas

Snacks are important to provide nutrients for growing children.

School can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School and Classroom Parties

Foods offered for school parties should add to the fun, not be the main focus. Schools responsible for helping students learn lessons about good nutrition and healthy lifestyles should practice these lessons during school parties. Consider this list of healthy snack choices for classroom events.

Fresh fruit and vegetables (cut up for easy eating)

Baby carrots and other veggies with low fat dip

Yogurt

Trail mix

Fig cookies

Animal crackers, vanilla wafers, graham crackers

Baked chips, baked Cheetos, baked Doritos

Pretzels

Low fat popcorn

Granola bars

Bagels with low fat cream cheese

Soft pretzels and mustard

Pizza (no extra cheese and 1 meat only)

Pudding

Frozen fruit bars

String cheese

Cereal Bar

Whole-grain cereal

Nabisco 100 calories packs

Individual fruit cups

Rice cakes including flavored

Lean turkey sandwiches

Whole grain crackers

Single-serve low fat or fat free milk

Bottled water (including unsweetened flavored water)

100% fruit juice (single serve)