

Healthy Fundraising = Healthy Profits!



Why is healthy fundraising important?

- To reinforce the healthy messages your children are learning at school.
- To show your commitment to promoting healthy habits in your school, your home and your community.

Many schools that make the switch are pleasantly surprised to find that healthy fundraisers and healthy profits can go hand in hand.

Planning for *special-event* days

Fundraising with food in Ontario schools has changed. All items sold must now meet the nutritional standards outlined in the province's new *School Food and Beverage Policy* UNLESS the school has designated your fundraiser as one of its **10 *special-event* days**. On these days, food and beverages sold in school do not have to meet the nutrition standards outlined in policy. To get the most benefit from these days:

- Think about how these days could be used - for example on special occasions (like Valentine's Day or Halloween) or for events (like a school BBQ or bake sale).
- Involve everyone in the decision – principal and administrative staff, school council, student council, school departments, etc.
- Start a master calendar listing both fundraising events and *special-event* days so everyone knows the dates.

Don't forget – the **10 days** are *per school*, not per council or department...



For more information: www.edu.gov.on.ca/eng/healthyschools/policy.html
October 2011

What about bake sales?

If you decide to host a bake sale at school, it must fall under the policy's nutrition standards unless the school has designated a *special-event* day.

Check out the ***Bake It Up!*** cookbook for 24 delicious recipes for baked options that meet the standards at:

www.nutritionrc.ca/resources/pdfs/nrc_bake-it-up.pdf

This cookbook gives great tips for being aware of: food safety, allergies, environmental issues and buying local ingredients. ***Bake It Up!*** also shows you how to assess store-bought baked goods to meet the standards.



As another idea, some schools have tried holding a ***no bake sale*** fundraiser. Donate the amount of money you would spend on ingredients for your baking or the amount you would spend buying items to your school. You will save a lot of time and will not have to worry about allergies or food safety.

What about fundraisers outside of the school?

Fundraising efforts that occur off school premises (i.e. in the community to family, friends and neighbours) do not need to comply with the nutrition standards in the policy. But, it is a good opportunity to apply the spirit of the policy with healthy and creative alternatives to candy and chocolate bar sales. Selling non-food items or healthier options in your community efforts also ensures consistent messaging to the students.

Healthy Fundraising Ideas



Here are some creative and fun ways to raise funds for your school.

Check out even more ideas at www.schoolhealth101.ca/action (*Food and Beverages* section).

Delicious Food Ideas

- Apples
- Cheese
- Citrus fruit
- Gourmet pasta
- Hearty bean soup mix
- Popcorn (lower fat and sodium options)
- Seasoning and spices



Help the Environment

- Bedding plants and hanging baskets / bulbs / flowers / vegetable seeds
- Garbage bags / recycling bags / biodegradable bags for compost
- Recycle cell phones / printer cartridges / digital cameras
- Reusable gift / lunch / shopping bags



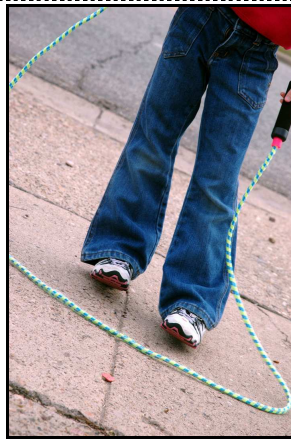
Ideas for Getting Active

- Fit-a-thons – bowl, bike, dance, skip, skate, walk or wheel
- Fun Fair with activities
- Golf tournament
- Jump ropes / Frisbees
- Pedometers
- Rent-a-helper – rake leaves, mow lawns, shovel snow



Promote your School

- Items with school logo – lanyards, locker locks, notepads, mugs
- School spirit apparel – t-shirts, scarves, sweat pants, caps, shoe laces
- School supplies, stationary and school planners



More Great Ideas

- Calendars (standard or personal)
- Car wash (pre-sell tickets as gifts)
- Coin drive (collect spare change)
- Dress code "vacation" from uniforms
- Garage sale (rent tables to families)
- Gift wrap / holiday ornaments / cards
- Holiday gift wrapping by students

Call *Peel Public Health* at 905-799-7700 (Caledon: 905-584-2216) if you have questions about fundraising with the *School Food and Beverage Policy*.

Planning Fundraising Events



Planning is essential for a successful fundraiser. This template can help you get started and make sure you have your school community onboard. It can also help you navigate the *School Food and Beverage Policy*.

Fundraising and Event Planning Form

1.	Type of Event	
2.	Who is organizing this event?	<p>Please “check” all that apply:</p> <input type="checkbox"/> School – Department (list): <input type="checkbox"/> School Council <input type="checkbox"/> Student Council <input type="checkbox"/> Other (list):
3.	Who was consulted during the planning?	<p>Please “check” all that apply:</p> <input type="checkbox"/> School – Department (list): <input type="checkbox"/> School Council <input type="checkbox"/> Student Council <input type="checkbox"/> Other (list):
4.	Are there other activities or fundraisers planned for the same day? Please provide details.	
5.	Does this event involve food which will be sold on school property?	<input type="checkbox"/> Yes (proceed to Question 6) <input type="checkbox"/> No (skip to Question 9)
6.	Will this be designated a <i>special-event day</i> ?	<input type="checkbox"/> Yes (exempt from SFBP standards – skip to question 8) <input type="checkbox"/> No (follow nutrition standards – go to Question 7)
7.	Who can help you apply the <i>School Food and Beverage Policy</i> standards?	<ul style="list-style-type: none"> Your school's SFBP lead teacher Your school Public Health Nurse by calling Peel Public Health 905-799-7700 / Caledon: 905-584-2216
8.	Who can help you learn more about food safety information, food permits required and food handler training?	<ul style="list-style-type: none"> Contact a Public Health Inspector by calling Peel Public Health 905-799-7700 / Caledon: 905-584-2216
9.	Are you holding a bingo or raffle?	<input type="checkbox"/> Yes (Contact City of Brampton, City of Mississauga or Town of Caledon to investigate whether you need a license) <input type="checkbox"/> No (proceed to Question 10)
10.	How do you plan to advertise your event and get the school motivated?	
11.	How do you plan to evaluate the event after it is over?	
12.	Who has given approval for this event?	Name: Date:
13.	Has the event been entered on the School's Master Calendar?	<input type="checkbox"/> Yes <input type="checkbox"/> No