



*Supporting
healthy choices*

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Healthy fundraising

Fundraising in schools provides much needed funds which can contribute to classroom resources, books for the library, school camps, sporting equipment and other resources.

While fundraising activities in public schools undertaken by the P&C are not included in the scope of the Department of Education's Healthy Food and Drink (HFD) policy, the school community may wish to consider using healthy fundraisers.

For more information about the policy visit:
det.wa.edu.au/healthyfoodanddrink

Healthier fundraisers can:

- a) complement nutrition, health and physical activity messages taught in the classroom
- b) reinforce the work of canteens/food services
- c) form part of a supportive environment for children's health
- d) provide personal satisfaction of being a positive role model
- e) support the HFD policy.

The health link

Children's eating habits are shaped by individual, family, school/child care and community influences. A school's influence on children's eating is based on what is learnt in the classroom, school activities and from their peers.

Health promoting schools framework

The HFD policy is based on a whole school approach that recognises that it is necessary to do more than simply offer a healthy menu in the school canteen to promote the health of students and the wider school community.

Schools are in an ideal position to promote and maintain the health of children, young people, school staff and the wider community. A Health Promoting School is a school that is constantly strengthening its capacity as a healthy setting for living, learning and working. Schools which recognise and implement a whole school approach acknowledge that all aspects of the school community are potentially important in the promotion of health.



How to plan a healthy fundraiser

Some schools have formed a health promotion committee which could include students, staff, parents and community partners to help with planning. A collaborative approach including the school community and Principal will lead to success.

Tips to help the planning process:

- Seek suggestions from the school community
- If the school has a health promotion committee (or something similar) get them involved in the early stages of planning
- Develop a timeline for planning fundraisers i.e. one each school term
- Work with the Principal to decide on an event or activity; see the extensive list in this booklet
- Inform teachers of the fundraiser and encourage them to create links with classroom learning
- List all jobs and allocate tasks with timeframes
- Determine resources and equipment required
- Seek assistance from the school and wider community, make facility bookings
- Determine how many people will be required to run the fundraiser
- Decide how the fundraiser will be promoted both within the school and to the wider community
- Consider seeking sponsors and/or donations of prizes
- Meet regularly to discuss the planning process
- Evaluate the success and/or barriers after the fundraiser.

Fundraising ideas

Fruit and vegetables

- Mangoes: this site does not offer delivery to Western Australia but has great tips and ideas for organising a fundraiser - just substitute another seasonal fruit
mangofundraiser.com
- Frozen berries: delivered direct to the school and distributed to families who have pre ordered - frozberries.com.au

Healthy Snacks

- Hug Fundraising Australia: plenty of healthy options to replace the chocolate box - hugfundraising.com.au

Apple Slinky

- Low cost, fun way of giving an old favourite a twist: the slinky will cost approximately \$25 to buy from appleslinky.com.au
- If you purchase 12 at a time, you can then on sell them for a small profit

Kiddikutter

- Kids knives: designed to cut food, not hands - kiddikutter.com.au

Easter drive

- Hot Cross Buns: a healthier and nutritious alternative to Easter eggs. Some bakeries donate funds back to the school for every half dozen purchased.

Barbequing

- If using sausages ensure they are a reduced fat, reduced salt option from a local supplier. By sourcing goods locally you may be able to get items donated
- Teaming the hot dog with a bottle of water
- Offer burgers loaded with salad
- Corn on the cob
- Grilled pineapple

Essential products

- using 'essential products' rather than 'luxury products' for fundraising puts less financial strain on families.
- support healthy teeth - mrtoothbrush.com
- toilet paper
- kitchen supplies e.g. foil, plastic wrap, baking paper

Sunblock

- Many companies, including Cancer Council, offer sunblock fundraisers:
 - cancerwa.asn.au/prevention/sunsmart/
 - sunsationalbodycare.com.au
 - australiansunscreen.com.au



Novelty items

- Glow sticks: a great addition to a disco or twilight fete.
 - glowsticksltd.com.au
 - everythingglows.com.au
- Stationary: let the students create their own personalised cards or calendars.
 - artbykids.com.au/
 - kidscarddesigns.com.au
- Labels: a multitude of sites offer labels as a fundraising initiative. Here are just two:
 - stuckonyou.com.au
 - identikid.com.au

Entertainment book

Who doesn't like a discount?

- entertainmentbook.com.au

First aid kits

Every home should have one!

- fundraiserfirstaid.com.au



Living fundraisers

- Flower growing kits, organic herb kits, seed-embedded Christmas cards and healthy snacks - livingfundraisers.com.au

Seedlings, plants and bulbs

- Local nurseries may be prepared to donate or offer wholesale prices - livingfundraisers.com.au
- If time isn't an issue, potting your own herbs either from a 6 pack punnet or growing from seed can be a great way to make a profit
- Running a bulb drive is very easy as all the flyers and order forms are provided - tesselaar.net.au; bulbsdirect.com.au

Manure

- A great initiative that is very easy to arrange - poosaintpoos.com.au

Commonwealth Bank School Banking

- Teaches kids about money and smart saving. Commonwealth Bank provides incentives and rewards to the school for every deposit made - commbank.com.au/schoolbanking



Create a school cookbook

A recipe book is a perfect way to share ideas and fundraise with an item that is unique to your school. Books can be sold to local families, purchased as gifts, as well as distributed to local business to display and sell to their customers. The book needs to be worth the money value placed on it.

Call on the expertise of an organisation which specialises in making cookbooks or opt to do it ‘in house’ using the talents of school staff or parents. Here are some links to groups who will (for a cost) work with schools to develop their own:

- wildcherrybooks.com
- schoolyardstories.com.au
- ultimatefundraising.com.au



We encourage you to develop criteria/guidelines for determining the recipes to be included in the cookbook. For example, it would be ideal to include healthy recipes based on the HFD policy. WASCA is available to provide advise.

WASCA also has a fantastic cookbook, *Canteen Cuisine*, that can be used as a fundraising activity in your school. When purchased in bulk, a discount will apply. Contact WASCA for more details.

Fetes and other community events



Events

Contact local businesses to provide support for a fundraising event and develop partnerships with local industry. Events can also be a great way to promote physical activity. For example

- walk-a-thons
- lap-a-thons
- bike-a-thons
- movie preview night
- ten pin bowling.

Fetes

Fetes can be a great fundraising opportunity which promote links between the school and the wider community. These events should be planned well ahead and include a wide range of entertainment and a balance of healthy food options.

Fete entertainment ideas include:

- community dance or music demonstrations by indigenous or cultural groups
- belly dancing, martial arts, skipping and singing performances
- contacting community groups that use the school during the year and encouraging them to participate or perform
- invite a media or sports personality to appear to perform, judge a competition, draw a raffle or donate a prize
- invite the fire brigade, police or ambulance to come along with a display or a vehicle for inspection
- second hand book or clothing stall
- stalls such as: crafts, cakes, facepainting, nails, whacky hair, games, tombola.

Fete food ideas:

- sausage sizzle or BBQ using reduced salt and reduced fat sausages; BBQ vegetable; or bbq hamburgers loaded with salad
- hot cobs of corn
- soup with bread
- popcorn - plain air popped
- curries with rice
- tacos loaded with salad
- fruit: apple slinky, watermelon stand
- wood fired pizza
- stuffed spuds.

