

Food Fundraiser Ideas for Schools



Offer healthier food at competitive prices:

- Let people know that your school supports healthy eating.
- Consider doing a survey to see what parents, students and community members would buy in the *Sell Most*, *Sell Sometimes* or *Sell* categories of food and beverages.
- List and score potential fundraising food and beverage menu options according to the nutrition standards in the Guidelines. Select items categorized as *Sell Most* or *Sell Sometimes* using the Nutrient Criteria for prepackaged food or as *Sell* using the Checklist for freshly made food.
- For prepackaged food, aim for at least 50% of food and beverages on the menu to meet the *Sell Most* criteria and for up to 50% to meet the *Sell Sometimes* criteria.
- All freshly made food and beverages being sold to students should score as *Sell*.
- Price healthiest food and beverage items lower than other options.
- Consider offering non-food items for sale and as prizes at events.

Act to support healthy eating:

- Form a fundraising team with at least one representative from each of the following groups: administrators, teachers, parents, support staff and students to share the workload for planning for events.
- Adapt favorite recipes to make food more nutritious by using resources such as [Bake Better Bites](#) and [Tips and Recipes for Quantity Cooking](#).
- Display healthier food and beverage choices more prominently and at student eye-level.
- Communicate your school's commitment to healthy eating through promotional materials such as lunch bags and logos.
- Offer sample products of healthy items to view and taste.
- For catered events, work with caterers to ensure that healthy options are included on the menu with 100% of all food and beverages for sale meeting the Nutrient Criteria or Checklist.



FOOD FOR THOUGHT

Fundraising events can include non-food items for sale and/or as prizes. Some examples are:

- Cookbooks made from recipes submitted by students and parents
- Flowers or hanging baskets
- Seasonally themed items such as Christmas Tree decorations
- Student artwork
- Stickers
- Cards
- Temporary tattoos
- Travel mugs
- School spirit apparel such as scarves and t-shirts
- School supplies like pens or glue sticks
- Water bottles with school logo
- VIP parking spaces
- Puzzles
- Ribbons and certifications
- Key chains
- School-made calendars

Provide healthier versions of favourite food:

A few examples of healthier food and beverages to serve and sell at school fundraising events include:

- Water, plain milk, fortified unsweetened soy beverage, reduced sugar chocolate milk, 100% fruit juices
- Fruit - whole, dried, or canned in 100% fruit juice
- 100% real juice popsicles
- Fresh vegetable sticks (e.g. served with one tablespoon of Italian or ranch dressing)
- Vegetarian pizza with whole wheat crust
- Baked potatoes with low-fat sour cream, cheese and chives
- Plain yogurt with fruit (no added sugar or sweeteners)
- Low-sodium 100% beef, turkey, or chicken dogs on whole wheat buns
- Low-sodium vegetarian or non-breaded fish burgers on whole wheat buns
- Chicken, black beans, corn and brown rice in whole wheat tortillas
- Wholegrain crackers and cheese or tuna snack packs

Keep food safe:

- Consult with someone who has [Food Safe certification](#) about how you plan to keep the food safe.
- Store cool perishable food at a temperature of 4°C or cooler.
- Store warm perishable food at a temperature of 60°C or warmer. Make sure that anyone preparing or serving food is handling the food properly (e.g. servers have hand-washing stations).
- Use single use plastic dishes and cutlery, or make sure that dishes and cutlery are washed and sanitized to Food Safe standards.

Where Can We Find Out More?

- HealthLink BC: www.HealthLinkBC.ca
 - Speak to a Dietitian by dialing **8-1-1** or [Email a HealthLinkBC Dietitian](#)
- Bake Better Bites: Recipes and Tips for Healthier Baked Goods: www.healthyschoolsbc.ca/program/resources/80/25666/Bake-Better-Bites.pdf (PDF 2.34 MB)
- Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies: www.healthyschoolsbc.ca/program/resources/59/40617/Tips-and-Recipes.pdf (PDF 2.75 MB)
- Brand Name Food List: www.brandnamefoodlist.ca
- Healthy Fundraising for Schools – A guide filled with fundraising ideas. (DASH BC): www.healthyschoolsbc.ca/program/resources/47/45633/Healthy-Fundraising-For-Schools.pdf (PDF 2.03 MB)
- Food Safe certification (online food safety course): www.health.gov.bc.ca/protect/food-safety-module/files/home.htm
- Food Safe Program: www.foodsafe.ca

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