



PTA Newsletter November: Fundraising

Raising Funds the Healthy Way

Fundraising provides valuable resources to schools. It helps buy equipment and supports extracurricular activities that enrich students' lives. However, too often funds are raised through the sale of unhealthy food items such as candy, baked goods, or doughnuts.

Selling foods as fundraising items teaches students to place value on these foods. Students and their parents buy them, making these items easily available. Fundraising foods are usually high in calories and low in nutrients. Instead of a nutritious lunch, students may buy two candy bars from their friend.

Your Local Wellness Policy can set guidelines for using foods as fundraisers. It can require that fundraising only includes healthy food or non-food items. The policy can require that any food sold as a fundraiser meet the standards for à la carte foods sold in the cafeteria.

Your Local Wellness Policy can also address when and where fundraisers occur. It can restrict fundraising to after school hours. Or it can prohibit the sale of foods as fundraisers on school grounds.

There are many options for healthy fundraising. You can promote physical activity while raising funds with walk-a-thons, dance marathons, or car washes. Some smart non-food items you can sell include plants, holiday items, or coupon books. The good news is there are endless possibilities of healthy fundraisers if you are creative!

Help your school be a healthy environment for your child to grow and learn. Talk to your administrators today about addressing fundraisers in your Local Wellness Policy.

For more information:

www.eatsmartmovemorenc.com/programs_tools/school/successful_students.html

www.nutritionnc.com/ResourcesForSchools/index.htm

www.actionforhealthykids.org