

Healthy fundraising ideas

Early childhood

Healthier food options can be provided for one-off fundraising events and 'drives'.

You can replace traditional fundraising activities such as cake stalls, chocolate drives and sausage sizzles with healthier options to promote healthy eating to children, families and the wider community.

Healthy fundraising has many benefits including:

- celebrating healthy foods and drinks as fun, enjoyable options
- reinforcing healthy eating messages taught in your service
- supporting a healthy culture where healthy eating is the 'norm'

Aim to involve your service's community including management, staff, families and local businesses in the planning and delivery of fundraising activities to ensure their success.

Below are some of options to raise funds in a healthy way.

Fundraising drives



Try these ideas:

- popcorn packs
- dried fruit truffle balls
- veggie crisps, rice crackers, corn crackers
- roasted chickpeas, roasted peas, roasted nuts
- dried fruit, nut and muesli nibble mixes

Save money by buying items in bulk and dividing them into small snack bags.

Healthy fundraising ideas

Fetes, stalls, fairs and special events



The ideas above can be sold as healthy options for events too. You can also try:

- fruit boxes e.g. seasonal mango fundraisers
- fruit salads or kebab sticks with yoghurt
- apple slinkies
- fruit smoothies (with reduced fat milk and yoghurt)

Healthy barbeques



Barbeques are a great way for staff, students and families to socialise. Healthy barbeques foods include:

- grilled vegetables (e.g. corn cobs, mushrooms, tomatoes) and vegetable kebab sticks
- lean meat or chicken kebab sticks or patties
- veggie patties
- wholegrain and wholemeal breads
- a range of salads

Cultural theme days



Celebrate cultural diversity in your community by running a fundraising day that sells a range of foods from around the world.

You can also request a gold coin donation for children, families and staff to wear an iconic piece of clothing.



Harmony Week

Organise a healthy barbeque and/or provide foods and drinks that reflect the cultural diversity of your school along with other activities such as:

- dressing the part, by having students and staff wear their traditional cultural dress or wear orange
- celebrating with decorations, music, competitions, and other fun activities.

Healthy fundraising ideas



Explore the Orient

Sell a variety of Asian inspired dishes including:

- sushi (nori) or rice paper rolls (no deep fried fillings)
- Vietnamese rolls (Banh Mi): Crusty bread rolls filled with lean meat, lettuce, grated carrot, bean shoots, and coriander
- fried rice and noodle dishes
- honey soy chicken skewers: Skinless chicken and vegetable skewers, grilled and served with a small amount of honey soy dipping sauce
- stir fries made with lean meat, skinless chicken or seafood, plenty of vegetables and minimal oil.



A taste of Italy

Sell a range of popular Italian foods such as:

- pizza made with wholemeal pizza wraps, or English muffin bases and topped with lean meats and vegetables
- pasta and lasagne made with vegetable based sauces and lean meats, chicken or seafood
- bruschetta