



— AN INITIATIVE OF HEALTHY CPS —

## HEALTHY FUNDRAISING

Healthy food or non-food fundraisers enable schools to send consistent, positive health messages, reinforce classroom education and contribute to student health by supporting a healthy school environment as well as promoting healthy choices. Fundraisers that involve either healthy food choices or non-food items, such as hosting a walk-a-thon versus a candy sale, can yield significant fundraising revenue and build a sense of community. By engaging in Healthy Fundraising, schools can further their mission of creating environments with students who are prepared to learn.

### The CPS Healthy Snack and Beverage Policy fundraising guidelines for CPS schools:

- » Schools should avoid food fundraisers and focus on non-food items to promote a healthy school environment.
- » Schools may not sell food in competition with service of the National School Breakfast or National School Lunch Programs.
- » Schools who have not adopted [a Healthy Celebration and Fundraising Plan](#) will be expected to ensure all foods sold as part of school fundraisers adhere to the Healthy Snack and Beverage Policy nutrition guidelines.
- » Schools' are expected to ensure all food sales on school grounds and during the school day comply with USDA and CPS nutrition guidelines.
- » The United States Department of Agriculture (USDA) defines the school day as 12:00 am until 30 minutes after the last bell.

### Healthy Fundraising will help your school on the path to become LearnWELL!

What is LearnWELL? [LearnWELL](#) is an initiative to support schools in aligning with the Chicago Public Schools wellness policies, which promote improved health and academic performance of all students through healthier school environments.

Healthy fundraisers can raise as much money as traditional food fundraisers while transforming the school into a healthier environment.

## HEALTHY FUNDRAISING IDEAS:

- » **Light Bulb Sale:** Schools have sold light bulbs to parents as a fundraiser. Selling items that everyone needs is a brilliant idea!
- » **Walk-a-thons and "fun runs":** Increasingly popular, walk-a-thons and 5Ks promote physical activity and can raise significant funds. (K-12)
- » **Bike Raffle:** Purchase a bike or have one donated, and sell tickets to raffle it off. (K-12)
- » **Flower/Plant Sale:** Sell plants that are in season for holidays, such as poinsettias for Christmas and other winter holidays or roses for Valentine's Day. (K-12)
- » **Dress Down Day:** Encourage students to donate a small amount to wear jeans or to be out of uniform for a day. Some schools has asked students to donate \$0.50 to dress down. (K-12)
- » **Book Fair:** Selling popular books is a great way to raise money and promote literacy. (K-12)
- » **School Dance and Dance-a-thons:** Many students have utilized dances as a fundraiser. This is a great way to promote physical activity within a safe environment. You can charge and entry fee for the School Dance or have students collect pledges or donation for the Dance-a-thon. (5-12)
- » **Healthy Movie or Game Night:** Invite families and students out to watch educational, popular movies or play board games and charge a couple of dollars for admission. (K-12)
- » **Staff versus Students Sporting Events:** Very popular with students and staff. It is a great way to get physically active and have friendly competition outside of the classroom. (K-12)
- » **Design T-shirts and Buttons:** Invest in a silk-screen or button maker to create printed t-shirts or buttons with your school logo. Have students design the print and promote items to their teachers, friends, and family. (K-12) (Oriental Trading Vendor # 37398, Classroom Direct Vendor # 30078, Varsity Spirit Fashions Vendor # 43811)

## IDEAS FROM OTHER SCHOOL DISTRICTS

- » **Community Flea Market:** Have parents and the community sell items from their homes they may no longer need and all proceeds can go back to the school. (K-12)
- » **Bracelet/Jewelry Sale:** Students can make jewelry or it can be purchased and then sold to raise funds for the school. (K-12)
- » **Sale of school-related promotional items:** Sales of T-shirts, sweatshirts, pens, pencils, book covers, water bottles, and other items branded with the school logo can help build school spirit and raise funds. (K-12) (Oriental Trading Vendor # 37398, Classroom Direct Vendor # 30078, Varsity Spirit Fashions Vendor # 43811)
- » **Gift Wrap Sales:** Ask gift wrap companies for catalogs that do not include candy and other low-nutrition foods in addition to wrapping paper. (K-12)
- » **Singing Grams:** Students can order a 'singing gram' to be delivered to a teacher or other student. Based on the order, members of the school choir or music class perform a short skit or jingle for the recipient. (K-12)
- » **Recycling fundraisers:** Recycling companies purchase used items, such as clothing, printer cartridges, and cell phones, from schools. (K-12)
- » **Grocery Store Fundraisers:** Grocery stores give a percentage of community members' purchases to a designated local school. (K-12)
- » **Auctions:** Can be very profitable, though also labor intensive, and ideally include several big-ticket items donated by local businesses. (K-12)
- » **Battle of the Bands:** Student bands compete for title of Best Band based on audience applause. Charge a cover for audience members to watch and to participate in judging.

## ADDITIONAL RESOURCES:

<http://www.cspinet.org/schoolfundraising.pdf>

[https://schools.healthiergeneration.org/\\_asset/r588vm/08-459\\_AlternativeFundraisingIdeas.pdf](https://schools.healthiergeneration.org/_asset/r588vm/08-459_AlternativeFundraisingIdeas.pdf)

For more information about healthy fundraising please contact [studentwellness@cps.edu](mailto:studentwellness@cps.edu) and visit [learnwellcps.org](http://learnwellcps.org).