

# School fundraising the healthy way!

Increasingly schools are relying more on their communities to help raise extra funds. Fundraising is a great way to involve families and communities in the life of the school. Unfortunately fundraising options chosen often contradict the healthy eating message that is taught in the classroom, with the promotion and sale of high fat and high sugar snack foods.

Here are some suggestions your school may like to try:

- Activity based fundraisers – sponsored walk, run, triathlon, games, car wash.
- Sponsored knowledgeathon – general knowledge questions, spellathon, mathsathon etc.
- Loyalty schemes with local businesses – the business donates an amount from every haircut, pot of paint etc. when customers come from the school.
- Selling vouchers/deals to leisure activities such as the movies, ten pin bowling or swimming centres.
- Student art auction, fashion show, quiz night, celebrity debate, garden tour, talent quest, student designed calendars/t-shirts.
- Sale of items – firewood, flower bulbs, fertiliser, toilet paper, car boot sale, book fair.
- The fundraising group offers sale of sunscreen and a fun run program.  
[www.thefundraisinggroup.co.nz](http://www.thefundraisinggroup.co.nz).

## How to make your sausage sizzle healthier!

There is no need to butter the bread.

Choose wholemeal bread.

Ask your local butcher if they can provide lower fat sausages.

Pre boil sausages to remove fat.

Consider adding coleslaw.

Other alternatives:

Lean burgers with coleslaw.

American style hot dogs with boiled saveloys or frankfurters in a bread roll.

Baked potatoes filled with coleslaw and a little cheese or sour cream.

Hot vegetable soup with a garlic roll.

Sushi

Tacos with lean meat or bean sauce and salad.

*Keep food safety in mind. Remember Clean, Cook, Cover and Chill. More information on food safety is available from the Community Health Information Centre, 76 Chester St East, CHCH, ph: 364 7844*

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**Healthy Nibbles** Nutrition & physical activity information for primary schools

For more information visit: [www.cph.co.nz](http://www.cph.co.nz)