

HEALTHY FUNDRAISERS

Many opportunities arise at secondary school that would be wonderful experiences but the cost is prohibitive e.g. choir or sports teams travelling overseas, class trips within New Zealand to experience our local geography, agriculture or industry, or just funding equipment for the school, such as a computer suite or sports gear. When you are busy it is often easier to do the same activity again and again and this may be selling junk food - next time you need to fundraise get together with your student council and choose an activity that promotes healthy choices and involves the whole school community. Try some of the ideas below:

- **Student Jobs** – students can hire themselves out for household chores – all proceeds to the school
- **Promote Your School** – Get products printed with a fun school logo or promotional line and sell to the school community eg: T-shirts, pens, coffee mugs
- **Auctions** – Gather up un-used items from school families and sell them in an auction – one man’s junk is another man’s treasure!
- **Fun School Community Event** – Run a ball, barn dance or disco.
- **GST Auction** – goods, services and talents auction where parents and students sell their skills for a price
- **Leisure Activity** – work in with local leisure providers (eg: swimming, ten-pin bowling, ice-skating) to sell vouchers/concession booklets with a percentage being donated to the school
- **Approach Local Businesses** – students can assist local businesses for a fee that goes to the school Eg: deliver advertising fliers, supermarket stocktake, stuffing envelopes
- **Raffle** – approach local businesses for healthy food products or other donations that can be raffled off to the school community
- **Car Wash** – Run a car wash in the school grounds
- **Market Day** – Run a market day selling healthy food, produce, plants and crafts and charge stall holders to have a stand

Healthy Nibbles Nutrition Updates for High Schools

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha