



# Healthy Fundraising Guide

Hampshire, Southampton, Portsmouth and The Isle of Wight.



This document was coordinated by





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PUT THE FUN INTO FUNDRAISING



# Fundraising in School



Schools should be the environment where physical activity and healthy eating are promoted. The role of schools in shaping these positive behaviours is more important than ever. Fundraising by students, school staff, and carer groups play an integral part in helping fund many classroom projects, activities, field trips and school events. Schools can still raise funds while also helping students build positive habits by planning successful fundraisers that promote a healthy lifestyle.

Fundraising that involves students, carers and the community is a common way for schools to bring in needed funds. Unfortunately, these fundraising drives often involve selling foods high in fat, sugar, salt and calories — creating a mixed message in schools trying to teach positive lifestyle habits. There are also so many ways to incorporate physical activity during these whole school events and can enhance positive opportunities available to students.

## Acknowledgements:

Thank you to Public Health Hampshire, Hampshire School Games Organisers, Victory Primary School and New Church Primary School for sharing resources, information and examples to help build this healthy fundraising guide.



# Benefits of healthy fundraising:



- Healthy kids learn better - Good nutrition is linked to better behaviour/academic performance.



- Provides consistent messages - Healthy fundraising shows the school's commitment to promoting healthy behaviours and supports what students are learning about (versus contradicting it).



- Promotes healthy school environment - Students need consistent, reliable health information and chances to use it. Fundraising is an important part of creating an overall healthy school environment.



- Include family and communities in the process – Healthy fundraising is a valuable opportunity to include other role models within childrens families and communities to also support their positive lifestyle habits. It is an informal unpressured way of engaging with people to inform and encourage this behaviour.

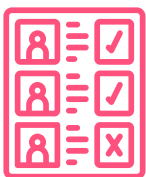
# Benefits of physical activity:



- Boost mental well-being – Moving more plays a part in improving our mental health, whether it's through the release of endorphins or by joining in activity alongside others.



- Reduce sedentary behaviour - Sitting for long periods can lead to poor health, as well as a lack of concentration, even if we're active at other times. Whatever your age, sitting for too long slows metabolism and leads to a build-up of visceral fat. This can contribute to obesity, type 2 diabetes, and some cancers.



- Improve attendance – Children want to learn and come to school, when the day is more active and fun.





# Guidance for physical activity:



Physical activity includes:

- everyday activities including travelling to school and housework
- active recreation such as walking, active play and dance
- sport, individual or team, swimming, fitness classes and structured competitive activity

(lists not exhaustive)



All children and young people aged 5-18 should engage in moderate to vigorous physical activity for at least 60 minutes and up to several hours every day.



This should include 30 minutes of physical activity in school, and 30 minutes at home.

Vigorous-intensity activities including those that strengthen muscle and bone should be incorporated at least three days a week. All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

	CARDIO	ENDURANCE	CO-ORDINATION	BALANCE	STRENGTH
WALKING	☆☆	☆☆☆	☆	☆	☆
DANCING	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆
CYCLING	☆☆☆	☆☆☆	☆☆	☆☆	☆☆
PLAYGROUND EQUIPMENT	☆☆	☆☆	☆☆☆	☆☆☆	☆☆☆☆
PLAYGROUND GAMES	☆☆	☆☆	☆☆	☆☆	☆☆
JUMPING	☆☆	☆☆	☆☆	☆☆	☆
SCOOTING/ SKATEBOARDING	☆☆	☆☆	☆☆☆	☆☆☆	☆☆
SWIMMING	☆☆☆	☆☆☆	☆☆☆	☆	☆☆☆
GAMES (FOOTBALL ETC.)	☆☆☆	☆☆	☆☆☆	☆☆	☆
THROW AND CATCH ACTIVITIES	☆	☆	☆☆☆	☆☆	☆
GYMNASTICS	☆☆	☆☆	☆☆☆	☆☆☆	☆☆☆



# Guidance for healthy eating:

Good nutrition is intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day.

It is important to talk to children about the food they eat, that it looks and tastes great! Incorporating a wide range of foods across the food groups is vital; fruits, vegetables, grains, pulses or types of meat and fish.

## STARCHY FOODS



This can help children feel full and minimise any need to snack later in the day. These foods are good sources of B vitamins and fibre. Examples – wholegrain bread and pasta.

## FOODS HIGH IN FAT, SUGAR & SALT



These foods are high in calories but are nutritionally not as beneficial. Eating unsaturated fats can be good for cholesterol and reducing heart disease. Examples – oily fish, olive oil, nuts and seeds

## MILK & DAIRY



Dairy foods are a rich source of energy, protein, calcium and vitamin A. Examples - Milk, butter, cheese.

## FRUIT & VEGETABLES



Fruit and vegetables are a good source of vitamins and minerals and contain fibre. They add flavour and colour to any plate! Examples - pulses, broccoli, lettuce, tomato, banana

## MEAT, FISH, EGGS AND BEANS



Foods from this group provide protein and essential minerals, including iron and zinc. Examples – chicken, eggs, beans, Quorn

## HEALTHY DRINKS



Water is the best drink for children to have. Avoiding sweeteners and fizzy drinks can help with dental hygiene and weight management – Ensure children have access to water, e.g. water stations





# Fundraising with food

Holding a food fundraising event and asking families and communities to provide the food is always a great idea as this can boost engagement. It can be a good idea to provide examples of the kinds of healthy foods to bring.





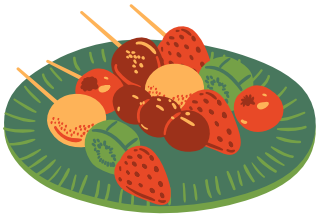


# Fundraising with food idea bank:



## Cultural food taster:

Have families bring a healthy dish from their culture to share. Sell tickets to the evening or ask for a donation at the door.



## Fruit stand and smoothies:

Use skewers, patty cases and cookie cutters to make different shapes with fruit such as watermelon. You can use fresh and frozen fruit for this. Fruit Smoothie stall - Have a couple of different flavours in clear jugs, use clear cups to serve to show the different flavours. This can be a great opportunity to get children involved in the preparation of the fruit and choose the flavours they might be interested in.



## Themed events:

Hold a dinner with a theme or seasonal events - a winter soup festival or an Italian food night. Families or local organisations can donate a dish to go with the theme. Tickets can be sold at the door for entry.





# Recipes to try:



## Strawberry and Banana Smoothie

288g Frozen Strawberries

1 Banana

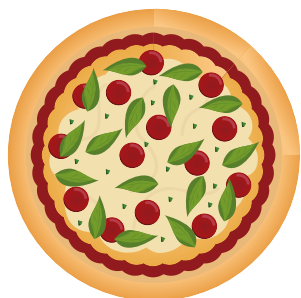
100g Greek Yogurt

122g Milk

(Add Ice for Frappe style)

1) Add all the ingredients to a blender. Break up the banana as you do so.

2) Blend until smooth. If too thick add more milk.



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## Pizza

1 Tortilla wrap

20g Passata

1tsp Oregano

1/2 tsp Garlic

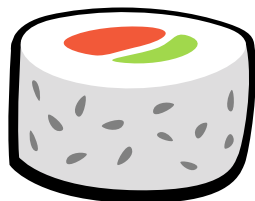
Cheese

Chosen toppings (Pepper, Spinach, Mushrooms, Chicken etc.)

1) Mix together the passata, oregano and garlic to make a sauce.

2) Spread the sauce over the wrap add cheese and your toppings.

3) Oven cook for 8-10 minutes.



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## Vegetable Sushi

1 Sushi Rice

Sesame Seeds

Vegetables cut into strips (e.g. Cucumber, pepper, Avocado)

1) Boil the rice according to the packet.

2) Mix and match slices of vegetables and cover with rice to form a shell around vegetables.

3) Sprinkle on sesame seeds and cut into small inch thick circles.







# Physically Active Fundraisers

Introducing physical activity to support a fundraising event can create fun experiences for children, families and the community. This can provide local businesses with the opportunity to support your school, either running an event or gifting the resources. This can be a great way to encourage people to be physically active and try new things!







# Physically Active fundraising idea bank:

## A-thons:




There are no limits when it comes to 'A-thons. The most important aspect of these events is to make them as interactive, inclusive and fun as you can. You can sell tickets and healthy food at the event to raise money.

- **DANCE-A-THON** Mix up the music and get the kids moving to songs ranging from current hits to golden oldies.
- **BIKE-A-THON** Set up a bike-track around the school/preschool with different terrains and obstacles.
- **WALK-A-THON** Create a course outdoors and add activity stations to keep the kids interested and walking.

## Fun Runs:



Much like 'A-thons, fun runs are a great activity for kids and there are many different takes on the idea. Entry can be a ticket purchase or a gold coin donation.

- **DRESS UP/THEMED FUN RUN** Plan the fun run around a specific celebration/day and get the kids to dress up for their run.
  - **HOUSE FUN RUN** Have a house fun run challenge and get the kids to dress up in their house colours.
  - **OBSTACLE COURSE FUN RUN** Set up obstacles along the course to make the run more challenging and interesting. **RELAY FUN RUN** Children run in teams to complete sections of the run.
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# Local Physical Activity Examples:

## Victory Primary school:



As a school, we have been busy raising funds for Cancer Research UK by taking part in the Race For Life; with 450 pupils, teachers and parents getting active! The children were given a distance to cover according to their age and parents were allowed to take part too.

Everyone received recognition of their achievement by having a medal presented to them. During the event, people could purchase a healthy snack: fruit on a skewer, fruit shake or dried fruit in a bag. The school raised over £4,000 for CRUK with a percentage of the funds going to the school for new playground equipment.

## Newchurch Primary school:



Our Santa Dash was a cross country run where children were invited to wear Christmas clothing, as we ran 3 miles cross country as we played Christmas music.

In the last week of term similarly we invited children to - wear your Hawaiian shirts, with Beach Boys playing, a 3 mile run in the woods then back to school for a cold drink. The children paid around £5 to join, got an edible treat and also a medal.







# Events, special days, stalls and sales

Healthy fundraisers don't have to just be healthy food and activities, they can be any activity that doesn't sell unhealthy foods. Simply choosing to sell items (like mufti days) are great, healthy fundraisers.

Or you can include activity with arts and crafts opportunities!







# Idea bank:



## Art Shows:

A great way to bring out the creative side of children. Students create their best master piece and hold a show where families can buy their work.



## Trivia Nights:

Run a night full of fun and prizes for the parents and carers of the school community. Ask local businesses to donate prizes for raffles and for the winning trivia team. Families purchase tickets to take part.



## Seasonal Raffles: (Christmas, Easter, Halloween)

Instead of having food hampers as prizes, try sports vouchers and fruit and vegetable boxes to win.



## Carboot Sale:

Open up the school yard and for a donation have families bring in their treasure to sell to the school community.



## Stalls:

There are lots of different types of stalls that you could set up: Book stalls, calendar, lucky dip.





# Some useful tips and hints for healthy fundraising:



When planning fundraisers always think healthy. If it's a fun run, have a water and fruit station. If it's a trivia night, provide cheese and wholegrain crackers rather than chips.



Choose fundraisers that students can be involved in.



Use existing school events to raise money. For example, during Book Week get families to donate books and run a second-hand bookstall. You can have a tea and coffee stall for the parents and carers who are there to watch the -Book Week parade.



Approach local businesses for donations.





# Extra help and advice:

[NHS Eatwell Guide](#) - The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

[School Food Standards](#) - Resources to help schools plan and provide healthy food in schools.

[Chief Medical Officer physical activity guidelines](#) - Find out more about physical activity guidelines from the Chief Medical Officer.

