



## Fantastic Fundraising Ideas

Healthy Fundraisers reinforce a positive message about health and wellness and contribute to health education in schools, rather than detract from it.

### Two Great RFKM-Related Fundraisers

**5 for 5 Challenge:** PTAs partner with RFKM to host a 5-day challenge at their school (dates flexible). Children are challenged to eat 5 servings of fruits and vegetables a day and get sponsors. RFKM and the PTA split the profits equally. See:

<http://www.realfoodforkidsmontgomery.org/5for5/> for more information.

**FarmRai\$er:** Choose from a selection of healthy products from local farms to sell. Children take orders and 90% of profits (over 50% of total sales) go to the PTA or sponsoring team, club or organization. Use RFKM code RFKM25 for \$25 in matching funds after you sign up at

<http://www.FarmRaiser.com>.

### Other Fundraising Ideas:

#### **ITEMS YOU CAN SELL:**

- Bumper stickers and decals
- Coffee mugs, souvenir cups
- Cookbooks or calendars
- Emergency kit for cars
- First aid kits
- Flowers, bulbs, plants, seeds
- Gift baskets
- Gift certificates
- Gift wrap
- Greeting cards
- Jewelry
- Magazine subscriptions
- Mulch
- Parking spot (preferred location)
- Re-usable water bottles/shopping bags
- Student directories
- Spirit wear, T-shirts, sweatshirts
- Student-made crafts or artwork

#### **HEALTHY FOODS:**

- Boxed citrus produce
- Fruit and yogurt parfaits
- Fruit and yogurt smoothies
- Trail mix

#### **THINGS YOU CAN DO:**

- Raffle (movie passes, theme bags, teachers do a silly activity)
- A-thons (walk, dance, bike, hula-hoop, jump rope, skate, bowl, read)
- Fun run
- Recycling drive
- Spelling bee
- Singing telegrams
- Magic show/Talent show
- Workshops/Classes

*Adapted from NYC Dept. of Education and State of Conn. Dept. of Education. See also:*

[www.cspinet.org/schoolfundraising.pdf](http://www.cspinet.org/schoolfundraising.pdf)

[www.ruddrootsparents.org/resources/pdf/Fundraisers\\_HealthyFundraisingAlternatives.pdf](http://www.ruddrootsparents.org/resources/pdf/Fundraisers_HealthyFundraisingAlternatives.pdf)

[www.cspinet.org/new/pdf/healthy-school-fundraising-success-stories.pdf](http://www.cspinet.org/new/pdf/healthy-school-fundraising-success-stories.pdf)

[www.nyc.gov/html/doh/downloads/pdf/cdp/fantastic-fund-hs.pdf](http://www.nyc.gov/html/doh/downloads/pdf/cdp/fantastic-fund-hs.pdf)