



Healthy Fundraisers

Fundraisers are great opportunities for schools and organizations to show their commitment to promoting healthy eating habits and physical activity for students and their families. Healthy fundraisers send positive messages and reinforce what students are learning in school about healthy lifestyle choices. The WJCC School Division recommends gold and silver star fundraisers because they have proven to be successful at generating funds while also promoting an overall culture of wellness for students, parents, staff, and community members.

The WJCC Wellness Policy Regulations on Fundraising state:

- ❖ School fundraising activities, excluding concessions, will either not involve food or will use only foods that meet the established standards for foods and beverages sold individually.
- ❖ The division will encourage fundraising activities that promote physical and academic activity.
- ❖ The division will make available a list of ideas for acceptable fundraising activities.

Gold Star Ideas

Promote Physical Activity and/or Academic Activity

- Activities where sponsors pledge money by the lap, mile, jump, hour, etc
 - Walk-a-thon
 - Dance-a-thon
 - Jump-rope-a-thon
 - Bowl-a-thon
 - Fun-Runs
 - Bike-a-thon
 - Jog-a-thon
- Car or pet wash
- Sell tickets to parent-teacher talent show or basketball game
- Rent-a-teen (students help perform household chores and yard work)
- Dances (kids, father/daughter, family, Sadie Hawkins)
- Golf Tournament
- Bowling/skate night
- Sport Clinics (older student athletes put on for younger students)
- 3 on 3 basketball tournament (fee to enter and winner gets a prize)
- Read-a-thon
- Science fairs
- Spelling bees
- School art shows

Silver Star Ideas

Do not involve food

Activities and Services:

- Gift wrapping services during holidays
- Recycling cans/bottles/paper
- Penny wars (pennies = 1 point, nickels = 5 points, dimes = 10 points, quarters = 25 points... team with most points wins)
- Book fairs
- Lip sync contest
- Rent out special parking spots
- School yard sale with items donated from community members
- Pie your teacher/soak teacher in dunk tank
- School job fair (charge exhibit fee for employers)
- Craft sales
- Singing telegrams
- Family portraits/glamour shots
- Treasure/Scavenger Hunts
- Board Game night

Sales of non-food items:

- Magazines
- Discount Cards/Coupons to local businesses
- Holiday ornaments/wreaths/flowers
- Plants/flowers/bulbs
- Gift wrap/greeting cards/note cards
- Brick, tiles, or stone memorials to be placed on school property
- Mother's Day hanging plant baskets
- Valentine's Day carnations
- Cookbooks with recipes from teachers/students/community members
- Temporary tattoos
- Emergency/first aid kits
- Picture frames
- Music CDs, videos, DVDs

- Pedometers
- Balloons
- Calendars/Planners including school specific functions and dates
- Stationery
- Lotions, soaps
- Jewelry
- Candles
- Giant Coloring books
- Pet treats/toys/accessories
- Bath accessories
- School supplies
- Frisbees, jump ropes

Sales of School Logo Spirit Items:

- Apparel = t-shirts, sweatshirts, hats, visors, scarves
- Buttons
- Decals, bumper stickers, license plate frames
- Mugs, koozies, souvenir cups
- Key chains
- Stadium blankets/pillows/cushions
- Megaphones
- Frisbees
- Pens/pencils/erasers
- Yearbook covers
- Temporary tattoos
- Advertising space in yearbook/school newspaper
- Magnets
- Flags

Other Great Ideas

Sales of Healthy Foods:

- Gift baskets with fruit + cheese
- Low-fat, low-salt pretzels
- Specialty shaped pastas
- Seasonal fruit
- Cheese
- Trail mix
- Low fat cereal bars
- Fruit + yogurt parfaits
- Fruit smoothies
- Nuts
- School spaghetti dinners

More healthy fundraising information can be found in Section JHCF-R of the Policy Manual located under the School Board Tab of the WJCC Public Schools Homepage: www.wjcc.k12.va.us