

A close-up photograph of four sneakers, two on the left and two on the right, all heavily splattered with vibrant pink, blue, and yellow paint. The shoes are arranged in a row, with the paint splatters creating a dynamic, artistic pattern. The background is a soft, out-of-focus pink and white.

PUT THE FUN INTO FUNDRAISING

**A guide to healthy
fundraising for schools
and childcare services**



IT CAN BE DONE

Every year, schools and childcare services search for different ways to raise funds for equipment and activities.

Fundraisers are not just about raising money, they are about bringing your community together to have a good time.

This guide will give you some great ideas with a healthy twist.

WHAT IS HEALTHY FUNDRAISING?

It's not just healthy food and activities. Healthy fundraising is also about looking outside the box and fundraising using events and non-food items.

YOU CAN MAKE A PROFIT

Schools and childcare services that have run successful fundraisers have sourced donations from local businesses and parents and carers.

IT'S EASY TO DO

The examples in the guide are from successful healthy fundraisers held by childcare services and schools in the Illawarra and Shoalhaven. They show just how easy and rewarding healthy fundraising can be.



ACKNOWLEDGEMENT

Thank you to the Illawarra and Shoalhaven schools and childcare services for sharing their healthy fundraisers.

HEALTHY FOOD FUNDRAISERS



THE BBQ

We all love a good feed and the smell of a sausage cooking on a BBQ can be hard to resist. However, the traditional sausage sizzle is far from healthy. We have some suggestions to turn a crowd-pleasing BBQ into a healthy fundraising feast while keeping costs down.

- ✓ Use wholegrain or multigrain bread.
- ✓ Use low-sugar, low-salt sauces.
- ✓ Use margarine instead of butter if using a spread.
- ✓ Use low-fat sausages and other meats such as kebabs, minute steaks and skinless chicken breast.
- ✓ Add vegetables such as mushrooms, capsicum and zucchini. Include the always-popular barbequed corn cobs.
- ✓ Choose fresh vegetable salads to serve on the side and avoid creamy or oily dressings.
- ✓ Have fresh, cold water available and steer clear of the sugary soft drinks.
- ✓ For a twist, think about some burgers using mince or steaks.
- ✓ Have some containers of chopped vegetables to allow people to add some colour to their sandwich. Try options like tomato, lettuce and beetroot.





NOT ANOTHER CAKE STALL

Cake stalls are a go-to fundraiser, but it is difficult to make a cake stall healthy. You can get your year 6 students involved with serving at the stall to help out. Here are some healthy ideas to try:

FRUIT STAND

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.

SOUP DAY

Cook up a big batch of soup and serve at lunch time.

FOOD EVENTS

You can hold a food event and get families to provide the food. It is a good idea to provide examples of the kinds of healthy foods to bring. Some ideas for food events are:

THEMED DINNERS

Hold a dinner with a theme such as a Christmas in July feast, a winter soup festival or an Italian food night. Families donate a dish to go with the theme. Tickets are sold at the door for entry.

FETES

Challenge food stall holders and families donating food for the day to provide healthy foods instead of the usual junk food fair.

CULTURAL FOOD TASTER NIGHT

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



HUSKISSON PUBLIC SCHOOL | TACO DAY

Year 6 students of Huskisson Public School ran a taco day during their lunch break with help from the school P&C and teachers.

The students planned the menu, managed the food preparation, sorted orders and served food. Teachers purchased the ingredients and supervised the event.

\$300 was donated for purchase of the food and the day made \$1,000 profit. Fewer topping options will be offered for future taco days to reduce wastage.

ACTIVE FUNDRAISERS



ACTIVE FUNDRAISERS

Kids love getting outside so try active fundraisers you can run at your school or in the local park.

DANCE EVENTS

Rain, hail or shine, dance events always go down a treat with the kids.

DISCO

Bring out the classics and get the kids dancing to the Macarena and the Hokey Pokey. Sell tickets to the disco in the lead up or at the door.

DANCE-OFF

Get each class or grade to make up a dance and then parents and teachers vote on their favourite act. You could ask for a gold coin donation for children to participate and from the parents to watch.



THE LITTLE SCHOOL PRESCHOOL | HALLOWEEN DISCO

Educators and families came together to celebrate Halloween and boogied into the night. The event was a great opportunity to bring the preschool community together. The educators, parents and carers helped to organise the event over a two week period and entry was charged for the disco. The preschool raised \$500.



AUSTINMER PUBLIC SCHOOL | FAMILY BUSH DANCE

The school community of Austinmer Public School got together in the school hall and danced the night away country style.

They hired a bush band for the family fun night. There were food stalls and the canteen also provided food. The school bought hay bales that were in keeping with the bush theme. The hay bales were then sold onto families after the event.

The event made \$1,000 for the school.

'A-THONS

The sky is the limit when it comes to 'A-thons. The most important aspect of these events is to make them as interactive and fun as you can. You can ask for gold coin donations, sell tickets and sell healthy food at the events 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.



COLEDALE PUBLIC SCHOOL | COLOUR FUN RUN

Coledale Public School originally organised a colour fun run to raise money for their year 6 graduation. It has now become a yearly fundraising event for the school and a great end-of-year celebration. Children can enter the fun run for a gold coin donation.



SHOALHAVEN COMMUNITY PRESCHOOL | BUBBLE FUN RUN

Shoalhaven Community Preschool ran an entertainment-filled bubble fun run for their families using resources the centre already had. Entry to the fun run was a gold coin donation. Children wore a lanyard with a card that got stamped for every lap of the run they completed. Parents and carers acted as the bubble blowers and they showered the kids with bubbles as the children ran the course.

The day also included a warm up session, a fruit and water station and music. It took about two to three weeks to organise the event. Bubbles were purchased from the centre's budget and fruit was donated by the local fruit shop.

EVENTS, SPECIAL DAYS, SALES AND STALLS

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 or opting for gold coin donation days (like mufti days) are great, healthy fundraisers.



EVENTS AND SPECIAL DAYS

MUFTI DAYS

A quick and easy-to-organise day. The kids come to school dressed in casual wear for a gold coin donation. You can link the day to a theme such as dress as a farmer, dress as your favourite sporting hero, crazy sock day, crazy hair day or Halloween.

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.

EASTER AND CHRISTMAS RAFFLES

These often involve chocolate, biscuits and other not-so-healthy foods. Instead of having food hampers as prizes, try sports vouchers and fruit and vegetable boxes to win.

CAR BOOT SALE

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

FAMILY PHOTOS

Set up an afternoon where your families come in to have their portraits taken and then purchase them. Profits from the photography costs can then go towards your school or service.



HAYES PARK PUBLIC SCHOOL | WELCOME TO KINDY EVENING

The school held a movie night to welcome new families to the school. Families from kindergarten got to attend the evening for free. Families with children from years 1-6 purchased tickets to attend. It was a huge event bringing the whole school community together.

The screen and projector were hired while volunteers helped run the canteen and BBQ. A profit of \$2,500 was made from the night.



ST PATRICK'S PRIMARY PORT KEMBLA | GARDEN MARKET

Year 5 students run garden markets at St Patrick's Primary once a week at school pick up. Families buy the fresh produce from the students for a gold coin donation.

The markets are linked in to the curriculum to make it a learning experience for the children.



MOUNT KEIRA DEMONSTRATION PUBLIC SCHOOL | COOKBOOK

The community of Mount Keira Demonstration Public School put together a cookbook. The cookbook took six months to produce and the P&C, parents, carers and children all chipped in to make it happen.

The school received sponsorship for publishing, printing, marketing and incidentals from the school community. The book is still being sold (\$35 each) so it is still making money for the school.



MISSION AUSTRALIA EARLY LEARNING CORRIMAL | SUCCULENT JARS

The children and educators of Mission Australia Early Learning Corrimal produced potted succulents to sell to families.

Materials used to make the jars and pots were donated or sourced from the garden at the centre. The succulents are displayed at the front door of the service and have made \$200 to date.

SALES AND STALLS

PICTURE PRINTS

Get the kids to design their own drawing or painting and have them printed on items such as aprons, tea towels and plates.

FRESH FLOWER SALES

Buy fresh flowers in bulk and hold a flower stall for the kids to buy flowers for their parents and carers.

FRUIT BOXES

Call your local orchard or fruit supplier and sell fruit boxes instead of chocolate boxes.

LUCKY DIP STALLS

Buy small toys, stationery and stickers and have a lucky dip stall. This is a good replacement for lolly days.

CALENDARS

Collate photos of events throughout the year or take photos to put into a calendar to sell to families.

BOOK FAIR

Invite your families to donate books and hold a second hand book fair. This is a great event to link in with your Book Week celebrations.

TOTE BAGS

A great and practical fundraiser that is increasing in popularity with the ban on single use plastic bags. You could hold a competition among the kids to design a picture to be printed on the bags.

5 CENT CHALLENGE

Hold a classroom competition to see which class can raise the most money from 5 cent coin donations. The class who raises the most wins free time or a healthy morning tea.



QUICK MONEY MAKERS

Look out for fundraising opportunities to make money without lifting a finger. There are lots of businesses that will give schools and preschools a percentage of the profit they make.

LABELS

Many customised label companies offer fundraising deals for schools and childcare services. You register your school or service with them and receive a percentage of sales when your school or service's name is quoted in an order.

Promote these at Kindy orientations and in newsletters and apps.

REAL ESTATE COMMISSION

Approach your local real-estate agency and negotiate an agreement in which a percentage of the commission is donated back to the school when a home referred for sale by the school is sold.

Many local schools have been successful in making a profit in this way.



GRANT WRITING

Grant writing is a great way to bring in extra funds for your school or childcare service. It can take time to search for and write up a grant but it has been shown to be one of the most popular ways to fund needed projects.

Tips for grant writing:

- ✓ Have an allocated grant writer.
- ✓ Ask the administration staff to email through any grant opportunities.
- ✓ Sign up for updates on regular grant institutes.
- ✓ Read all the information to make sure your school or service is eligible.
- ✓ Be realistic – do you have the time to complete the application?
- ✓ Show any experience you or your school or service has in the area in your application.
- ✓ Demonstrate your capabilities including resources and staff and your methodologies.
- ✓ Link your applications back to the objectives of the grant providers.
- ✓ Collaborate with other schools or services.

RUSSELL VALE PUBLIC SCHOOL | GRANT WRITING

Russell Vale Public School has an allocated volunteer grant writer. The volunteer researches and applies for the most relevant grants to the school with the support of the school principal. The time taken to apply for a grant can vary but can take anywhere from 10 minutes to an hour.

Not all grants Russell Vale Public School applied for have been successful, but in 2017 they secured \$5,150 from their grant applications.

It is important to know you won't always be successful with every grant application, but it is still very much worthwhile applying them.



FUNDRAISERS FOR CHARITY

Fundraising for charity is worthwhile, as it allows students to contribute towards causes that are meaningful to them. There are many organisations that rely on donations to function. There are lots of examples of how students and families can do this.



- ✓ Draw a shape on the ground relevant to the cause and have children bring in 5 cent coins to decorate around the shape and donate to charity.
- ✓ Second hand/used clothing donation.
- ✓ Collect cans/bottles and donate proceeds to charity.
- ✓ Mufti day - choose a theme that ties into the charity to which you are donating, e.g. wrap up warm in winter for the Homeless Hub.
- ✓ Ask families to bring in pantry food items such as canned goods that can be donated.
- ✓ Collect new toys and near new toys to donate or wrap up for Christmas giving trees or to send overseas via charitable organisations.

TIPS AND HINTS FOR A SUCCESSFUL HEALTHY FUNDRAISER

- ✓ 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 book stall. 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.



MAKE YOUR NEXT
FUNDRAISER
A TOOTH SAVER

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