

# Healthy Fundraising Ideas

Fundraising activities in your workplace, community organisation or group, sports club, school, kindergarten, childcare centre can also offer the opportunity to support and promote healthier living.

There are many easy ideas that can successfully raise money whilst encouraging positive health and wellbeing for participants.

Try out these great suggestions below!

## Ideas for healthy fundraising activities other than food or drinks

### Sponsorship

- > sport-a-thons such as walk, ride, skate and swim-a-thons
- > basketball shoot-outs
- > climbing stairs instead of lift
- > cycling event - organise your own or join an organised one
- > triathlon

### Pay to enter

- > putt-putt (organise your own inside or use a paid venue)
- > hacky sack
- > bocce, bowling, croquet, discount vouchers for sport events
- > indoor rock climbing event
- > dog walking
- > fun run

### Social functions

- > car wash
- > head shave
- > raffles
- > colour theme day
- > charity dinner
- > quiz night
- > cinema evenings
- > karaoke
- > bingo
- > garage sale, auction, trash and treasure – use unwanted items from home
- > guess the weight/number of the items in a jar e.g. buttons

## **Sewing, handicrafts and giftware**

- > headbands, beanies or scarves
- > phone covers, ornaments and accessories
- > home wares (tea towels, aprons, bricks/pavers, labels or stickers)
- > gifts (perfume, soap, candles, artwork, craft or jewellery)
- > toys (wrist bands, glow sticks or stickers)
- > clothing (socks, swim wear or hats)
- > books (cookbooks, magazines, calendars, CDs, DVDs or entertainment books)
- > handmade greeting cards or wrapping paper
- > personalised calendars, greeting cards, cups, tea towels, aprons or bags using children's art work
- > personalised photo cards, coffee mugs or mouse mats
- > logo printing, embroidering or engraving
- > family portraits
- > family organiser or calendar
- > safe-flame candles as an alternative to wax candles
- > bake liners (to minimise cleaning up after barbecues or cooking in the oven)

## **Gardening**

- > bulbs, plants, vegetable seeds, flowers and dwarf fruit trees
- > gloves and gardening tools
- > irrigation equipment
- > manure, mulch, straw and wood

## **Kits**

- > first aid kit for handbag, schoolbag or glove-box
- > toothpaste, toothbrush or floss kit
- > SPF30+ sunscreen, moisturiser or lip balm
- > cleaning products

## **Healthy food and drink ideas for fundraising activities that involve food**

### **Some tips before you begin:**

- > Provide small or moderate serves only.
- > Wherever possible make your menus healthier by :
  - Providing wholemeal or wholegrain options
  - Using low fat, low salt and reduced sugar options
  - Adding fresh fruits and vegetables/salads.
- > Ensure healthy choices look and taste great.
- > Adopt cooking methods that use the least fat.
- > Use spreads thinly and serve condiments separately.
- > Always offer chilled water at fundraising events.

- > Exclude unhealthy foods and drinks that are high in fat, salt, sugar and energy ( kilojoules or calories) such as :
    - ✗ fried or deep-fried foods, fatty sausages, bacon or salami
    - ✗ pies, pasties, sausage rolls, quiches
    - ✗ butter, cream
    - ✗ croissants, donuts and sweet pastries
    - ✗ chips, crisps and other similar products
    - ✗ chocolate, lollies and confectionary products including sugar free varieties
    - ✗ iced or cream-filled biscuits, cream cakes
    - ✗ soft drinks and other sugary drinks including cordial
    - ✗ alcohol
  - > Ensure food is handled safely and hygienically. Keep hot food hot and cold food very cold to avoid food poisoning.
- For more information, visit <http://www.health.sa.gov.au/pehs/food-index.htm>

### **Healthy breakfasts**

- > fruit juice that contains greater than 99 percent fruit juice
- > wholegrain cereals, untoasted muesli served with low fat fruit yoghurt
- > fresh or stewed fruit such as apple, strawberries, melon, pineapple, mango, grapefruit
- > a variety of wholegrain breads and fruit breads
- > cappuccino or latte (made with low fat milk), teas and herbal teas

### **Healthy barbecues**

- > lean trimmed beef, lamb steaks, chops, whole roasts (for spits and covered barbecues), fillets or kebabs, skinless chicken or turkey breast or drumsticks, kangaroo, fish fillets, calamari, prawns. For interesting flavours try herbs, spices or low-fat and reduced-salt marinades.
- > lean low fat, salt reduced sausages or hamburgers
- > vegetarian burgers made from lentils or chickpeas
- > barbecued vegetables such as corn on the cob, potato, zucchini, sweet potato and pumpkin slices, onion, mushrooms, peppers, beans, eggplant and tomato
- > vegetable and haloumi kebabs
- > serve with wholemeal/high fibre breads, salads with low fat dressings and fresh fruit

### **Healthy lunches**

- > a variety of breads, rolls or wraps filled with a selection of lean meats, salad vegetables, low fat mayonnaise, cracked pepper, herbs and spices
- > noodle boxes containing meat and vegetable-based dishes served with chopsticks
- > curries (beef, chicken, lamb and vegetables) served with rice and salads
- > a selection of fresh fruit

## Theme days

- > Pancake day – pancakes can be made with part wholemeal flour, part white flour. Batter can be made with low fat milk and cooked using a non-stick frying pan. Serve pancakes topped with bananas, mangoes, berries, stewed apples or pears and low fat vanilla or fruit yoghurt.
- > Soup day – include lean meat and vegetable based soups, clear vegetable broths or creamy vegetable soups made with low fat milk.
- > Pizza day – bases made from pita bread, muffins or dough rolled out thinly. Top with an assortment of vegetables, pineapple, and reduced-fat cheese. Serve in small slices.
- > Baked potato day – jacket potato with reduced-fat cheese, salad, herbs and salsa. Other fillings can include baked beans, low fat mince, tuna, pineapple, corn, and low fat mayonnaise.

## Snacks and condiments

- > un-salted nuts, pretzels, rice crackers, plain air-popped popcorn that is packaged up into small packets
- > plain low fat mini muffins, hot cross buns
- > scones served with fruit puree and low fat vanilla yoghurt, or fruit scones with a small amount of polyunsaturated margarine
- > fruit/nut buns and loaves
- > plain un-iced fruit cakes
- > plain or fruit slices, un-iced
- > un-iced cereal bars
- > plain sweet biscuits
- > fruit-based smoothies (fat free and no added sugar)
- > fruit – whole or cut and served on a skewer
- > dried fruit (small packets)
- > frozen fruit
- > vegetable packs (non-perishable vegetables fresh from the garden or market)
- > chutneys, sauces and packets of herbs

Acknowledgements:

1. Queensland Health's A Better Choice-Healthy Food and Drink Supply Strategy (2007)
2. *eat well be active* Community Programs, implemented by SA Health - Tips for healthy fundraising (2009)

---

## For more information

**Health Promotion Branch  
Statewide Service Strategy Division  
PO Box 287  
Rundle Mall Adelaide SA 5000  
Telephone: (08) 8226 6329  
[www.health.sa.gov.au](http://www.health.sa.gov.au)**