

Strong4Life Fundraising Guidelines

Healthy fundraisers show parents and the community that you are committed to helping kids stay healthy. Aim to make at least 50 percent of your fundraisers non-food or healthy food focused. Here are some ideas that have been successful for other youth organizations:

Active Fundraisers: fundraisers that incorporate physical activity are fun and promote positive messages about being active.

- Fun run/walk
- Bike-a-thon, dance-a-thon, bowl-a-thon, jump-rope-a-thon, be creative!
- Golf tournament
- Car wash

Non-Food Fundraisers: there are so many useful things families are willing to purchase that are not food.

- Books or magazines, including healthy cookbooks
- Candles or jewelry
- Wrapping paper, or offering a service to gift wrap during the holidays
- Greeting cards
- Garden items, like plants or flowers
- Coupon book
- BINGO night
- T-shirts, water bottles, tumbler mugs, or other items with your organization's logo
- Host an auction or raffle

Healthy Food Fundraisers: you can sell healthy foods instead of having bake sales, soda sales or fast food promotions.

- Bottled water
- Produce baskets or bowls
- Vegetable seeds
- Nuts
- Spices and seasonings