



## Healthy Fundraising Tip Sheet for Schools and Canteens

**Fundraising** is an easy (and often fun!) way for schools to raise money to improve equipment and facilities. However, some of the popular fundraising activities are not consistent with the schools healthy principles, exposing children to products and images that contradict the healthy lifestyle messages that we want to pass on.

Evidence suggests that promotions for unhealthy foods and soft drinks influence children's food choices and often undermine parents' attempts to provide children with a healthy diet. By using the fundraising tips on this fact sheet you will raise the much needed money for your canteen and school, as well as show your kids that healthy living is an everyday part of life.

### Healthy and Delicious Food Fundraisers for the Canteen

#### ◆ BBQ Vegetable Kebabs

Use fresh vegetables cut into cubes and threaded onto skewers. Increase profit by approaching local businesses and food suppliers to donate or provide food materials at discounted prices.

#### ◆ BBQ Cobs of Corn

Wrap corn cobs in aluminium foil and barbeque until cooked.

#### ◆ BBQ Lean meat or veggie burgers

Served on wholemeal or multigrain bread rolls, with coleslaw, barbequed onion rings, tomato slices, barbequed capsicum, lettuce leaves, or other salad vegetables.

#### ◆ Pikelets/ pancakes

Try batter without sugar. For savoury option use creamed corn or chopped vegetables in the batter. For sweet pikelets serve with maple syrup, fresh or canned fruits, honey or jam.

#### ◆ BBQ Baked Potatoes

Wrap potatoes in aluminum foil and barbeque until cooked. Serve with low fat sour cream, corn kernels, grated low-fat cheese, lean meats and salad vegetables.

### References for your Fundraising Committee

- Healthy Kids School Canteen Association  
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