

Healthy Fundraising

SUSD's Wellness Policy was established with the goal to "create a total school environment that is conducive to healthy eating, physical activity and an over-all healthy environment". To help meet this goal the District encourages that non-food items be sold as part of school-sponsored fund-raising activities and bans foods of minimal nutritional value from being sold during the school day.

If your group is considering a fundraiser please remember these important benefits of healthy fundraising:

- ◆ **Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.
- ◆ **Provides Consistent Messages:** Fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.
- ◆ **Promotes a Healthy School Environment:** Students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy alternatives to fundraising is an important part of providing a healthy school environment.

Non-food fundraising alternatives include:

Flowers, plants & bulbs	Candles
Greeting cards	Services (lawn care, salon, etc)
Gift wrap, ribbon	School logo apparel
Calendars	Spirit booster bumper stickers, decals
Jewelry	Coffee cups, mugs
Coupon books	Holiday wreaths
Lotions, soaps	Stationary
Baskets	First aid kits (home or car)
Cookbooks	Pens, pencils, highlighters
Pet toys, accessories	Pre-paid phone cards

The list goes on! Please help SUSD maintain a healthy environment for our students when considering fundraiser events.

If you or your group would like more detailed information, The Center for Science in the Public Interest offers a free downloadable handbook on healthy fundraising available at <http://www.cspinet.org/schoolfundraising.pdf>

If you have a question about SUSD's Student Wellness Policy please see our website at <http://www.susd.org/district/wellness/> or contact our Health Services Coordinator, Tori Trahan, RN, at ttrahan@susd.org.