



Looking for Fundraising alternatives?

Fundraising doesn't have to involve unhealthy foods – you can still raise those vital funds using healthier food options or swapping food for non-food items.



This resource provides alternatives to the chocolate drives and sausage sizzles traditionally used for fundraising.

Fundraising doesn't have to involve unhealthy food – you can still raise those vital funds using healthier food options or swapping food for non-food items.

Unhealthy eating and not enough physical activity can easily lead to overweight and obesity and an increased risk of developing a chronic disease such as some cancers, heart disease or type 2 diabetes.

More than 63% of Canberra adults and 1 in 4 Canberra kids are overweight or obese.

**Australian Capital Territory –
Chief Health Officer's Report 2016**

Physical Activity Fundraisers

Try these ideas to promote an active lifestyle.



Host-a-thon

Host an 'a-thon' that involves physical activity. This could be skipping, walking, running, swimming, riding, jumping, skating or dancing.



Skip-a-thon

Sell skipping ropes and then hold a skip-a-thon. Skipping ropes can be purchased at the following website:

- **Heart foundation**

www.heartfoundationshop.com/shop/?cat1=&cat2=Get+Active&head&cat3=Skipping+ropes



Step-a-thon

Sell pedometers to raise money and then offer prizes for people who get the highest number of steps during a set period. See if you can get prizes donated from shops in your local community. The following websites can help to set up your step-a-thon or provide pedometers.

- **10000 steps Australia**

www.10000stepsaustralia.com

- **Pedometers Australia**

www.pedometersaustralia.com



Dog walk-a-thon

Organise a dog walk and collect donations per km of walking.



Car wash-a-thon

Have a car wash day where people pay to get their car washed.



Sports Days

Have a fundraising sporting day and sell tickets to take part in the activities – any type of sporting game is good! These could also be included as part of an existing event such as fete or market.

If you're offering prizes, just remember to make sure they're healthy or non-food prizes.

- **Handball competition**

Handballing a football into a target, charge a fee for each go with prizes for the first person to hit 3 targets etc

- **Hoop toss**

Toss the hoop onto the target, charge a fee for each toss with prizes for the first person to hit the target

- **Table tennis**

Hold an inter-office table tennis tournament



Ride/Walk to Work Days

Collect donations per km for your ride or walk to work with prizes for those who raise the most money.

The following websites offer guidance and support in setting up physical activity fundraisers:

- **Australian Fundraising**

www.australianfundraising.com.au

- **everydayhero**

www.everydayhero.com/au

- **mycause**

www.mycause.com.au/school-fundraising

For more information contact the ACT Nutrition Support Service

www.actnss.org E info@actnss.org P 6162 2583

Non-food Fundraisers

Try one of these alternatives to the usual food fundraiser.

Raffles

Seek discounted or donated prizes from local businesses. In return for their generosity you could offer to acknowledge them in some way e.g. a thank you in the newsletter, signs at the event, a certificate for their business or mention them in any media. For more information about conducting a raffle see the following websites:

- **ACT Government Gambling and Racing Commission**
Provides information about the permits required to conduct raffles in the ACT
www.gamblingandracing.act.gov.au/gambling/lotteries/raffles
- **How to Fundraise**
Information on how to fundraise with raffles
www.howtofundraise.com.au/fundraiser/raffles
- **RaffleLink**
Provides tools and resources to conduct online raffles
www.rafflelink.com.au
- **Budget Raffle Tickets**
Provides custom printed raffle tickets
www.budgetraffletickets.com.au

Plant Growing Kits

Kits that provide seeds and materials to grow plants are great for getting people out into the garden and moving. Kits that grow fruits and vegetables will also help to promote healthy eating.

- **Living Fundraisers**
Sells flowers, fruit, herbs and vegetable growing kits
www.livingfundraisers.com.au
- **Tesselaar**
Sells bulbs
<http://fundraising.tesselaar.net.au/>
- **Garden Express**
Sells all types of plants
<http://www.gardenexpress.com.au/fundraising/index.htm>
- **Yates: Raise a Patch**
Sells plant fundraising kits
<http://www.fundraising.yates.com.au>

Book or Toy Clubs

Organise a book or toy club in your workplace/school to raise funds. The following sites offer a great range of products at discounted prices.

- **Scholastic**
www.scholastic.com.au/schools/bookclub/faqs.asp
- **Educational Experience**
www.edex.com.au/fundraising



Mobile Phone Recycling

Collect unwanted or old mobile phones from people in your workplace, school or community and recycle them. A great way to make 100% profit and help the environment.

- **How to Fundraise**
Information on how to fundraise by recycling mobile phones
www.howtofundraise.com.au/fundraiser/mobile-phone-recycling
- **Fonebank**
www.fonebank.com.au/sell_mobile_phones.aspx
- **Mazuma Mobile**
www.mazumamobile.com.au
- **CashPhone**
www.cashaphone.com.au

Entertainment Books

The Entertainment™ Book or digital membership offers discount vouchers to local restaurants and activities in your area.

www.entertainmentbook.com.au/fundraisers

Trivia Events

Trivia events are a great way to raise money and have fun in your workplace, school or community. Check out these websites to help plan your trivia night:

- **How to Fundraise**
Information on how to fundraise with a trivia night
www.howtofundraise.com.au/fundraiser/trivia-night
- **Fame Trivia**
www.fametrivia.com.au/home/fundraising

Don't forget some healthy catering!

Casual or Fancy Dress Day

Dress up or down in the school or office and collect donations from all the participants.

Arts and Crafts

Create arts and crafts at home and sell them in your school, office or community. You could also approach your local men's shed, local community craft groups or parent groups to ask for donated goods to offer as prizes or to sell at your next fundraiser.

Personalised Sunscreen

When the weather starts to get warmer, fundraise with personalised sunscreen bottles and sell them as a fundraiser. This also promotes being outdoors and getting active. Remember to select sunscreens with a sun protection factor of 30+ or higher.

- **Source Direct**
www.sourcedirect.net.au/index.php/products/other/sunscreen
- **Brand Me**
www.brandme.com.au/categories/sunscreen
- **Vivid Promotions**
www.vividpromotions.com.au/sunscreen-and-sun-lotion-c-1241.html

Personalised Products

Create customised products to sell. They could include calendars, greeting cards, diaries, notebooks, school labels, iPhone cases, tea towels, aprons, bags and much more.

- **Crazy Camel Fundraising**
Greeting cards, calendars, diaries, notebooks, iPhone cases and fun school labels
www.crazycamel.com.au
- **Picture Products**
Design your own picture plates
www.pictureproducts.com.au
- **Jennoli Art**
School art fundraiser, school wall murals, mugs, placemats, coasters, aprons, towels, bags, key rings, tiles, ornaments, mouse mats, moneyboxes and art displays
www.kidsartfundraiser.com.au
- **Expressions**
Custom printed tea towels, aprons and bags
www.expressions.com.au
- **Bright Star Kids**
Labels, wall art, bags, clothes
www.brightstarkids.com.au/about-fundraising
- **Make Cents Fundraising**
Cards, wrapping paper, gift bags
www.makecentsfundraising.com.au

Creative Pavers and Tiles

Custom make or design your own pavers or tiles to lay in your school, office or community group outside area.

- **How to Fundraise**
Information on how to fundraise by making custom pavers
www.howtofundraise.com.au/fundraiser/memorial-pavers-and-bricks
- **Signature Engraving**
www.signature-engraving.com.au
- **Design a Brick**
www.designabrick.com.au/services/fundraising-products

Sock Fundraisers

Design custom socks for your next fundraising event.

- **Sock Fundraiser**
www.socksfundraiser.com.au/index.cgi

Glow-in-the-Dark and Flashing Novelties

Sell glow-in-the-dark items at your next night-time social event or school disco.

- **Everything Glows**
<http://www.everythingglows.com.au/fundraising.php>
- **Glowsticks Limited**
www.glowsticksltd.com.au/fundraising

Healthier Food Fundraisers

Here are some useful tips to make your food fundraiser a healthier one.

Healthier BBQs

Here are some easy tips to create a BBQ with a difference.

- Choose lean meats or skinless lean chicken
- Cook cobs of corn on the BBQ
- Grill vegetables with minimal vegetable oil
- Make vegetable kebabs or lean meat/ chicken and vegetable kebabs
- Serve with fresh garden salad or coleslaw made with reduced fat mayonnaise
- Choose low salt, reduced fat sausages
- Swap white bread for wholemeal or wholegrain
- Sell water, 100% juice (in less than 250ml containers) or sparkling mineral water with unsweetened flavours
- Sell fresh fruit or apple slinkies
- Sell reduced fat dairy products, including reduced fat flavoured milks.

Smoothie Days

Everyone loves a good smoothie. Best of all, they're a delicious way to combine fruit and dairy. Choose from the following ingredients:

- Fruit – fresh, frozen or canned (in natural juice)
- Reduced fat milk
- Reduced fat yoghurt
- Seeds – e.g. chia seeds
- Oats

Fruit and Vegetable Drives

Order seasonal fruit and vegetables in bulk, as a mixed range or just one variety.

- **Mango fundraiser**
Mangoes from Far North Queensland
www.mangofundraiser.com
- **Cherry fundraiser**
Cherries from regional New South Wales
www.thecherry.com.au/#!fundraising/cibo



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Hot Cross Buns

When hosting a hot cross bun fundraiser at Easter, choose plain glazed hot cross buns with no added chocolate or confectionary and no icing. Plain hot cross buns with or without dried fruit/sultanas are the best option.

- Contact your local baker to organise a hot cross bun drive and support your local business.

Customised Water Bottles

Customised water bottles are a great way to promote drinking water and to advertise and/or raise money. Below are some websites where you can design your own water bottles.

- **Source direct**
www.sourcedirect.net.au
- **Bottles of Australia**
www.bottlesofaustralia.com.au
- **Hydr8water**
www.hydr8water.com.au
- **Personalised drink bottles**
www.personaliseddrinkbottles.com.au

Healthy Recipe Books

Invite people in your workplace or school to donate healthier recipes for a cookbook that can be sold to raise funds. Here are some tips for putting together a healthier recipe book:

- Look for recipes with lots of vegetables
- The recipes should be low in saturated fat – use lean meat, trim the visible fat, choose reduced fat dairy
- Use vegetable oils such as olive or canola oil and use in small amounts
- Aim for high fibre recipes– choose wholegrain or wholemeal grain foods and include a wide range of fruit and vegetables (fresh, canned or frozen)

- Do not add salt and choose low salt ingredients where possible
- Create a name for your cookbook or run a competition
- Try to include photos of the food or drawings from children in your school/community group to personalise

The following websites help create the books for you:

- **Create a cook book**
www.createacookbook.com.au
- **Published authors**
www.publishedauthors.com.au

Soup Days

Soup is a great way to promote vegetables and healthy eating – especially in Canberra's colder months when a steaming bowl of soup can warm you up. Just remember when you're making soup:

- Use salt reduced stocks and clear broths
- Use lots of vegetables, beans and legumes
- Use lean red meats or chicken
- Swap cream for reduced fat evaporated milk or yoghurt

Remember:

- If making days ahead, freeze in suitable containers until ready to re-heat and serve
- Transport in appropriate cooler with ice or cooler blocks
- Always serve soup steaming hot to reduce the risk of foodborne illness

Pumpkin Soup Recipe - for large groups

Ingredients	People		
	10	25	50
Pumpkin, chopped	1kg	3kg	6kg
Carrot, chopped	3	6	12
Granny Smith apple, chopped	2	4	8
Onion, chopped	2	4	8
Salt reduced chicken stock (litres)	1/2	1	2
Reduced fat milk (cups)	2	4	8
Fresh herbs e.g. chives, chopped (tablespoons)	1	2	4
Pepper	To taste	To taste	To taste

- Combine pumpkin, carrot, apple, onion and stock in a large pot.
- Bring to the boil.
- Cover and cook over gentle heat for 30 minutes or until vegetables are tender.
- Remove from heat and puree in a blender or mash using a fork/potato masher. Add milk and stir through.
- Season with pepper and fresh herbs e.g. parsley or coriander.



Tip: Serve with a dollop of reduced fat natural yoghurt

Vegetable Soup Recipe - for large groups

Ingredients	People		
	10	25	50
Olive oil (Spray)			
Onion, diced	2	4	8
Mixed dried herbs (tablespoons)	1	2	3
Garlic cloves, crushed	2	4	8
Carrot, diced	3	8	16
Celery sticks, thinly sliced	2	5	10
Potato, diced	3	6	12
Salt reduced vegetable stock (litres)	2	5	10
Zucchini, diced	2	5	10
400g can reduced/no added salt tomatoes	2	5	10
400g can chickpeas (no added salt), drained	2	4	8
Pepper	To taste	To taste	To taste

- Place oil, onion, mixed herbs and garlic into a large pot. Over medium heat, sauté for 4-5 minutes.
- Add carrot, celery and potato and cook gently whilst stirring for 4-5 minutes until softened.
- Add stock, zucchini and canned tomatoes. Bring to the boil, simmer for approximately 30-35 minutes. Stir occasionally.
- Add chickpeas and heat through.
- Season with pepper to taste.



Here's some links for more ideas

Recipe Ideas

- **Good Habits For Life**
<https://goodhabitsforlife.act.gov.au/>
- **Fresh Tastes: Healthy Food at School**
www.health.act.gov.au/freshtastes
- **Nutrition Australia**
www.nutritionaustralia.org/national/recipes
- **ACT Nutrition Support Service**
www.actnss.org/recipes
- **LiveLighter**
www.livelighter.com.au/Recipe
- **Heart Foundation**
www.heartfoundation.org.au/recipes
- **Healthy Kids Association**
www.healthy-kids.com.au/parents/recipes

More Fundraising Ideas:

- **Fun and Fresh Ideas for Fundraisers**
SA Department of Health, Australian Government and City of Charles Sturt
www.charlessturt.sa.gov.au/webdata/resources/files/AT81%20Healthy%20Fundraising%20A5%20Booklet_PRINT-1.pdf
- **Fundraising Ideas**
SA Department of Health
<http://www.sahealth.sa.gov.au>
- **Healthier Fundraising: A Guide**
WA Department of Health, Healthier Workplace WA and WA School Canteen Association
www.healthierworkplacewa.com.au/media/3664/fundraising-guide.pdf
- **Healthy Fundraising**
Ideas to Promote Health While Still Making a Profit – Cancer Council New South Wales
www.cancercouncil.com.au/wp-content/uploads/2010/11/09271_CAN3042_HealthyFundraising_FINAL.pdf-low-res-for-web.pdf
- **How to Fundraise**
www.howtofundraise.com.au
- **Fundraising Directory**
www.fundraisingdirectory.com.au

Fundraising Policies

When choosing food and drink based fundraisers, check that your proposed activity complies with your organisation's healthy food and drink policy and/or guidelines.

In some ACT Government settings there are published policies:

ACT Health

- **Healthy Food and Drink Choices Policy**
www.health.act.gov.au/sites/default/files/Healthy%20Food%20and%20Drink%20Choices%20Policy.pdf

ACT Schools

If you're planning on holding a fundraising event for an ACT school, e.g. school fete organised by the P&C, you'll need to ensure it complies with:

- **ACT Public School Food and Drink Policy 2015**
www.det.act.gov.au/teaching_and_learning/food-and-drink-guidelines
- **ACT Catholic Education Office School Food and Drink Policy 2015**
This policy is available on the Catholic Education Office Intranet.
- **Association of Independent Schools of the ACT template guide is available on their website:**
<http://ais.act.edu.au/>