



GROWING HEALTHY SCHOOLS MONTH

Initiative of the Office of the State Superintendent of Education

Start a Healthy Fundraising Campaign

Growing Healthy Schools Month is the perfect time to engage students and the school community with healthy fundraising campaigns. Fundraisers that do not involve selling foods or beverages send positive, consistent messages to the school community and promote healthy living. Additionally, active fundraisers provide students, staff, and families with opportunities for fun while increasing physical activity before, during, or after the school day allowing students get the recommended 60 minutes per day of physical activity. Below are some recommendations for healthy and active fundraisers:

Activity/ Project	Supporting Resources
Bike/Dance/Jump Rope/Walk-a-thon	Students, staff, and families can bike, dance, jump rope or walk to raise funds for the school or particular projects. Find more information here .
Car Wash	The Parent-Teacher Organization can plan a community car wash. Check Organizing a Car Wash for more info.
30 Day fitness & fundraising challenge	Classrooms/grade levels can compete to raise funds. Classrooms can select one or more exercises (jumping jacks, pushups, sit ups, running laps, walking, etc.) and ask parents and others in the community to donate a certain amount of money for the number of exercises completed. Check out Fitness Challenge Example and Family Fitness for more info.
Sell t-shirts/water bottles with student art work	Organize a student art contest where the art work of the winning student will be featured on the t-shirts/water bottles. Find more information here .
Teacher – Student Competition (basketball, volleyball, obstacle course, etc.)	Organize teacher-student physical activity competitions, such as basketball, volleyball, flag football, Frisbee, or an obstacle course. Find more info here .
Healthy Recipes Cookbook	Students, staff, and parents can create a cookbook with healthy recipes for breakfast, lunch, snack, dinner, and dessert to be sold to the school and surrounding communities. Check out this Cookbook for more info.

If you would like assistance planning or implementing any of these project, please contact Nichelle L. Johnson; Management Analyst at the Office of the State Superintendent of Education NichelleL.Johnson@dc.gov or visit the USDA's Team Nutrition [Healthy Fundraising page](#).

