

# SUPPORTING A HEALTHY SCHOOL ENVIRONMENT

As part of the Healthy, Hungry Free Kids Act of 2010, fundraisers must now meet USDA Nutritional Guidelines for **Smart Snacks**. In order to support these standards, here is a starting list of *Healthy Fundraising* options as you assist your school in fostering a healthy environment.

- Gift Baskets
- Student Artwork/Project Sale
- Garage Sale
- Flowers, Plants, or Seeds
- Car Wash
- Penny or Marble Count
- Spelling Bee/Hornet
- Auction (Live or Silent)
- School Apparel / Merchandise

- Car Space Rental
- Recycling Cell Phones
- Student Art Work Calendar
- Healthy Recipe Book
- Discount Cards/Coupon Books
- Flip Flop/Hat/Dress Down Day
- Teachers vs. Students Sporting Events
- Sweep the Local Streets



- Scavenger Hunt
- Rubby Ducky Pond
- Cardboard/Duct Tape Boat Races
- Book Fair
- Student Jewelry Sale
- Fun-runs/Walk-a-thons
- Water Bottles/Apparel with School Logos
- Egg/Balloon Toss
- Talent/Magic Shows

- Raffles (donated items, gift cards, front-row/couch seating for sporting events, etc.)
- Penny War
- Bumper Stickers
- Sell Space in School Newspaper
- Tournaments (basketball, horseshoe, tennis, etc.)
- Holiday Items (wreathes, ornaments) or Gift Wrapping

## Guidelines for Food Fundraisers

### Calories

All snacks, including extras like butter and cream cheese, must have no more than 200 calories per serving.

### Fat

Fat must make up no more than 35% of the total calorie count, with saturated fat content at less than 10% and trans fat content at 0.

### Sugar

Only 35% (or less) of the weight in any snack food may come from sugar.

### Nutrient Requirements

In order to meet the USDA's guidelines, snacks must be either rich in whole grains contain at least a quarter cup of fruit and/or vegetables, have a fruit, vegetable, protein food, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium.

## Healthy Food Items to Consider\*

- Fruit parfaits
- Fruit leather
- School garden vegetables
- 100% fruit or vegetable juice
- Smoothies
- Baked tortilla chips with guacamole/salsa
- Dried fruits
- Frozen bananas or grapes
- Nuts
- Snack bags—whole grain crackers, pretzels, dried fruit, nuts, air-popped popcorn, etc.

\*The item must be measured to ensure USDA nutritional standards are met.