

Healthy Eating Environment in AHS Fundraising

Fundraising activities occur within AHS facilities to raise funds for departments, programs, or external charities. Common fundraisers include raffle prizes or baskets, silent auctions, bake/candy sales or other food sales. When fundraising efforts include food, choose healthy foods.

Healthy Non-food Fundraisers

Research shows that non-food and healthy food fundraisers can produce profits equal to or greater than profits from unhealthy food fundraisers.

Here are some non-food item fundraising ideas:

- activities (such as walk-a-thons and talent shows)
- certificates for services (such as yard work or car washes)
- cookbooks
- coupon books
- first aid kits
- raffle tickets
- theme baskets

Healthy Food Fundraisers

Some healthy food item fundraising ideas:

- locally grown fresh fruit or vegetables
- popcorn – plain or flavoured
- whole grain granola bars
- lower fat whole grain muffin mixes
- no-salt spices and seasoning kits, dried soup or chili making kits (salt free seasonings, spices, dried lentils, dried vegetables)

Bake Sales

Encourage contributors to:

- provide healthier products and/or smaller portions.
For example, small low fat whole grain muffins (size of tennis ball), baked fruit cobblers, small oatmeal raisin cookies (5 cm diameter), trail mix, or homemade granola with no added salt or sugar.
- alter recipes to make them healthier.
For example, use whole grain flour instead of white, cut back on the sugar and substitute applesauce for some of the fat. Use recipes from www.ahs.ca/nutrition/Page10996.aspx.



Examples of foods and drinks to serve at fundraising events

The following are examples of healthy foods and drinks for fundraising events. Work towards serving healthier food and beverage choices.

If you are serving unhealthy items, offer them in small portion sizes.

Use more of these healthier items, if serving food		Use little or none of these items
<p>Snacks</p> <ul style="list-style-type: none"> • Whole or cut-up fruit • Vegetables and hummus or bean dip • Cheese and whole grain crackers • Cookies – fig, oatmeal raisin <30 g • Nut or trail mix, no added salt or sugar • Popcorn, plain or flavoured • Whole grain muffin or loaf, <100 g • Baked chips <p>Drinks</p> <ul style="list-style-type: none"> • Water • Milk • 100% juice (max 355 mL) • Fruit smoothie made with fruit, milk, plain yogurt 	<p>Meals</p> <ul style="list-style-type: none"> • Chili with whole wheat bun • Hamburger or sandwich on whole grain bun/bread • Pizza, thin crust, meat toppings or vegetarian style, lower fat cheese • Salad bar (fruit, vegetables, mixed salads that include whole grains) • Yogurt parfait bar (low fat (<2% MF) yogurt, fresh or frozen fruits and whole grain cereals) 	<ul style="list-style-type: none"> • Fried foods • Candy, chocolate • Cake, brownie, cookie, scone, doughnut • Ice cream • Potato chips • Processed meat, such as hot dogs, and salami • White buns or bread • Large or super-sized baked goods such as cookies, muffins, and pastries.

Preparing fundraiser foods to meet the AHS Nutrition Guidelines

- Use low fat cooking methods such as roasting, baking, grilling, barbequing, steaming, poaching, boiling, sautéing or microwaving.
- If donations are received, ask for healthy items (items that meet the [Nutrition Guidelines for Foods and Beverages in AHS Facilities](http://www.ahs.ca/nutrition/Page6349.aspx) www.ahs.ca/nutrition/Page6349.aspx).

What about food safety?

Consider food safety when deciding what food items to serve, including where the food is being sourced and the ability to keep foods at the appropriate hot or cold temperatures for the entire event.

Visit the [AHS Environment Public Health](http://www.ahs.ca/eph) for more information on [planning an event](#) (www.ahs.ca/eph).

For more information, email healthyeatingenvironment@ahs.ca.