GET MORE OUT OF FUNDRAISING with the 3E’s of Healthy Living — Education, Exercise and Eating Right

Fundraising activities can offer additional benefits when schools incorporate the 3E’s of Healthy Living — Education, Exercise and Eating Right. The Texas Department of Agriculture offers these easy, low cost fundraising ideas to help schools fundraise in a healthy way. Your students can earn, learn and have fun without selling foods that contribute to unhealthy lifestyles.

EDUCATION

Skills Sharing
- Music lessons
- Band or orchestra concerts
- Talent shows
- Cooking classes for parents and/or students

Education-Based Product Sales
- Books
- Plants
- School supplies

Academic Contest Sponsor Donations
- Read-a-thons
- Math-problem-a-thons

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
FUN AND HEALTHY FUNDRAISERS

EXERCISE

Family events with entry fees
- Family skate parties
- Miniature golf night
- Field day or school fair
- Parent/child flag football or soccer

Activity Sponsorships
- Walk-a-thon
- Bowl-a-thon
- 3K or 5K fun runs

Services from older students
- Car washes
- Singing telegrams for Valentine’s Day and birthdays
- Dog bathing or walking services

HEALTHY CHOICES

Non-Food Sales
- Container garden starter kits
- Wrapping paper
- Household products, aprons
- Local business discount cards
- Seasonal cards, flowers or gift baskets

Healthy Food Sales
*Items must meet federal Smart Snack nutritional standards.
- Campus farmers’ market with fresh fruits or vegetables
- Watermelon parties
- Frozen 100 percent fruit bars
- Dried fruit or vegetables
- 100 percent fruit or vegetable juices
- Nuts and dried fruit
- Bottled water or sparkling water

Creativity is Key
Schools and student organizations can explore all the lucrative options when generating support for worthy efforts. Local School Health Advisory Committees can also be important allies in promoting healthy fundraisers on campus. Using creativity, schools, parents and communities can find activities, products and foods that will encourage local involvement and healthier directions for school fundraising.

TO LEARN MORE

Visit www.SquareMeals.org | Call TDA at (877) TEX-MEAL

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