

Freddie Woodson, Deputy Superintendent  
District/School Operations

**SUBJECT:           REQUEST THAT THE SCHOOL BOARD ADOPT AND IMPLEMENT THE REVISED SCHOOL WELLNESS POLICY PER THE REQUIREMENTS OF THE CHILD NUTRITION AND WIC REAUTHORIZATION ACT OF 2004**

**COMMITTEE:       INNOVATION, EFFICIENCY & GOVERNMENTAL RELATIONS**

**LINK TO DISTRICT FRAMEWORK:   STUDENT, PARENT AND COMMUNITY ENGAGEMENT**

The Child Nutrition and WIC Reauthorization Act of 2004 required local educational agencies to adopt a School Wellness Policy by June 2006. At the School Board Meeting of May 10, 2006, the School Board approved Agenda Item E-37 creating the Miami-Dade County Public Schools Wellness Policy.

The District Wellness Advisory Committee was created to develop and assist in the implementation of the District Wellness Policy. This committee is comprised of one appointee from each School Board Member and one appointed representative from each of the following community organizations: The Children's Trust, The Health Council of South Florida, The Health Foundation of South Florida and Miami-Dade County Council of PTAs/PTSAs. This is an active committee that meets monthly to discuss, support and implement various wellness initiatives in Miami-Dade County Public Schools (M-DCPS). This committee is involved in many initiatives, among them are:

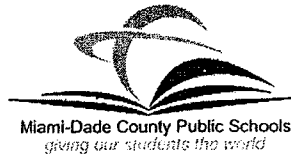
- The Alliance for a Healthier Generation Healthy Schools Program
- Farm to School Program
- Plant a Thousand Gardens Collaborative Nutrition Initiative
- Fitness/Wellness Centers in high schools and middle schools
- HealthConnect in Our Schools
- Miami Children's Hospital Pilot Program to Combat Obesity
- University of Florida/Miami-Dade County Extension Family Nutrition Program
- Chef Partnership Program
- Reimbursable Meal Vending Program

**E-36**

Additionally, it is the responsibility of the District Wellness Advisory Committee to review the Wellness Policy each year and bring recommended revisions to the School Board for review and approval. This is required by the Federal Child Nutrition and WIC Reauthorization Act of 2004.

The committee has reviewed the policy and made revisions based on input from community members and M-DCPS staff members. As a result of the Communities Putting Prevention to Work (CPPW) grant that the District is an awarded agency, revisions were made to the Wellness Policy regarding Farm-To-School Programs and Physical Education. Additionally, the committee felt that it was important to expand the staff wellness section of the Wellness Policy. Recommendations for Healthy Fundraising have also been incorporated into this document. Changes from the current policy are indicated by underscoring words to be added and ~~striking through~~ words to be deleted.

**RECOMMENDED:** That The School Board of Miami-Dade County, Florida, adopt and implement the attached revised School Wellness Policy per the requirements of the Child Nutrition and WIC Reauthorization Act of 2004.



## MIAMI-DADE COUNTY PUBLIC SCHOOLS WELLNESS POLICY

Established By Board Action May 10, 2006  
Revised by Board Action October 17, 2007 and November 17, 2009

### Introduction

~~In November, 2005 the Miami-Dade County Public Schools (M-DCPS), as a result of the 2004 Child Nutrition and WIC Reauthorization Act was tasked with developing a District Wellness Policy. On May 10, 2006, Miami-Dade County Public Schools (M-DCPS) established, by Board action, a the Wellness Policy for the District was established, as a result of the Child Nutrition and WIC Reauthorization Act of 2004. The Wellness Policy is mandated to be reviewed, by the District Wellness Advisory Committee and if necessary, revised annually. Its focus is to promote wellness and address current health issues facing our students.~~

### Preamble

M-DCPS is committed to providing a healthy environment for students and staff within the school environment, recognizing that individuals must be physically, mentally and socially healthy in order to ~~improve their~~ promote wellness and academic performance.

### Students

The District will focus on achieving five goals:

- Nutrition – all students will have access to and will be encouraged to take advantage of high-nutrient food options served at school
- Physical Education – all students will engage in the required and recommended levels of Physical Education
- Physical Activity – all students will engage in the daily recommended levels of physical activity
- Health and Nutrition Literacy – all students will be educated and encouraged to make healthy life-style choices and will learn how to develop healthy relationships
- School-based Healthcare – all students will have access to physical, mental and preventive healthcare

### Staff

The District will focus on achieving four ~~one~~ goals for staff:

~~M-DCPS will provide direct and/or indirect communication and resources to promote a healthy lifestyle through nutrition, physical activity and preventive healthcare.~~

- Nutrition – all staff will have access to and will be encouraged to take advantage of high-nutrient food options served at school
- Physical Activity – all staff will be encouraged to engage in physical activity

- Health and Nutrition Literacy – all students will be encouraged to learn how to develop healthy life-style habits
- Preventive Healthcare – all staff will be encouraged to participate in physical, mental and preventive healthcare

### Students

1. **Nutrition Goal:** All students will have access to and will be encouraged to take advantage of high-nutrient food options served in school.

**M-DCPS Policy:** M-DCPS will provide nutritious foods, available on campus during the school day, to promote student health.

- (1a) The Department of Food and Nutrition will serve food that is high in fiber, free of added trans fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with United States Department of Agriculture standards with adequate time allotted for meal consumption and in an environment conducive to making nutritional choices.
- (1b) The Department of Food and Nutrition will pursue partnerships with local/regional farms to facilitate a Farm-to-School program.
- (1c) Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.
- (1d) The Department of Food and Nutrition will assist in the implementation of the District's Healthy Beverages and Food Guidelines (Appendix A).
- (1e) The District will encourage parents and teachers to have healthy celebrations at school by providing recommendations and resources (Appendix B).
- (1f) The District will encourage parents and staff to have healthy fundraisers by providing recommendations and resources (Appendix C).

2. **Physical Education Goal:** All students will engage in required and recommended levels of physical activity.

**M-DCPS Policy:** M-DCPS will provide physical education, to enable students to develop healthy lifetime habits conducive to cardiovascular conditioning, flexibility, coordination, balance and strength.

- (2a) Elementary Physical Education, grades K-1: 150 minutes of weekly instruction in physical education provided by the homeroom teacher is required.
- (2b) Elementary Physical Education, grades 2-5: 150 minutes of weekly instruction in physical education by a physical education teacher is required.
- (2c) Middle School Physical Education, grades 6 – 8: A minimum of one semester in each of the three years is required for all students unless a waiver is submitted at the time of subject selection, each year. Students will be encouraged to take physical education for the entire year through an annual course to develop and maintain health benefits.

**(2d)** Senior High School Physical Education, grades 9–12: A minimum of one credit of physical education in senior high schools is required. One semester must be Personal Fitness and the second semester must be any physical education course offered by M-DCPS with the approved state course codes. Recommended 225 minutes per week, preferably at least 50 minutes daily.

If additional periods are added to the current six-period day in senior high schools, then physical education requirements may be increased.

Senior High Schools will have an opportunity to offer two physical education elective courses immediately following the end of the regular school day. These courses are in addition to the one credit required for high school graduation.

**(2e)** Physical education will be taught by a certified specialist and be an essential part of every school's instructional program, subject to differing abilities of students. The program will stress the importance of physical fitness and encourage healthy life-styles.

**(2f)** Physical education will include training in skills needed for enhancing health, such as:

- Comprehension of concepts related to health promotion, disease prevention, and reduction of health risk,
- Ability to access valid health information,
- Ability to analyze the influences of culture and technology on health,
- Effective interpersonal communication skills,
- Setting goals and making decisions,
- Stress Reduction,
- Advocacy skills for personal, family and community health,
- Instruction in CPR/AED.

**(2g)** Nutrition education will be provided at all grade levels. Nutrition education will include lessons and experiential learning opportunities, such as edible gardens, that enhance health and take into account:

**3. Physical Activity Goal:** All students will engage in recommended and required levels of physical activity.

**M-DCPS Policy:** All students will engage in the recommended levels of 60 minutes per day of physical activity. These activities can be a combination of recess, before and after school activities.

**(3a)** Recess for students in grades PK-5 is required to take place either three times a week for 15 minutes each time or two times a week for 20 minutes each time. Recess is defined as unstructured playtime that is supervised by adults, but not directed by adults; it can include activities directed by adults as outlined in the district's Recess Manual.

**(3b)** Students will be provided the opportunity to participate in physical activity in afterschool programs and school intramural programs.

**4. Health and Nutrition Literacy Goal:** All students will be educated and encouraged to make healthy life-style choices and will learn how to develop healthy relationships.

**M-DCPS Policy:** In addition to health and fitness taught in physical education programs, all students will be taught comprehensive principles of nutrition and health implications, media literacy, an appreciation of healthy food and other competencies essential to making health-enhancing choices.

(4a) Health literacy education will be incorporated into classroom instruction when applicable including comprehensive concepts on health enhancing behaviors, risk factor reduction for life-style disease prevention, bullying and violence prevention, personal safety, identifying and managing stress, and sexual health and body image.

~~(4b) Nutrition education will be provided at all grade levels. Nutrition education will include lessons and experiential learning opportunities, such as edible gardens, that enhance health and take into account:~~

~~— Emphasizing the importance of goal setting and positive decision-making strategies that enhance health including those related to food intake and energy expenditure.~~

~~— Analyzing the influence of culture, media and other factors on food choices and preferences in personal health practices including food preparation methods that enrich and challenge healthy living.~~

(4c) Students will be trained to differentiate between marketing messages and substantive health information.

(4d) Healthy food choices and fresh food on school premises will be promoted by making relevant nutrition information available as close as possible to the point of choice.

5. **School-based Healthcare Goal:** All students will have access to physical and mental healthcare.

**M-DCPS Policy:** All students have access to support systems that address physical, mental, social and emotional wellness.

(5a) Through HealthConnect in our Schools, a school-based health team will be provided to ensure that a coordinated level of healthcare is consistently available at select M-DCPS schools, including but not limited to:

- A coordinated level of school-based healthcare,
- Expanded health screenings and assessments with access to follow-up care,
- Mental and behavioral health services to identify and solve student health and educational issues,
- Better access to a regular primary care physician,
- Assisting uninsured students, who have no other options or access to healthcare, in gaining access to primary health services,
- Chronic disease management.

(5b) ~~The Miami Dade County Health Department School Health Program will provide school-based health services in primary and satellite schools to support students' academic success by providing specialized services. They will provide some level of school health services in all M-DCPS schools without access to a health team. Primary school staff will include nurses, social~~

~~workers and health support technicians. Satellite school services will be provided by nurses. health services in accordance with a local School Health Services Plan.~~

School Health Services provided by assigned staff at primary schools will include, but are not limited to:

- ~~— Nursing and mental health assessments, counseling, referrals and follow-up,~~
- ~~— Mandated screenings and follow up,~~
- ~~— Vaccine administration and immunization compliance,~~
- ~~— Parent consultations,~~
- ~~— Referrals and follow-up of health problems,~~
- ~~— Educational classes on a variety of health topics,~~
- ~~— Chronic disease management with care plans and child-specific training,~~
- Health appraisal
- Records review
- Nurse assessment
- Nutrition Assessment
- Screenings; Vision, Hearing, Scoliosis, and Growth and development (BMI Assessment) referral and/or follow-up.
- Health and psychosocial counseling
- Referral and follow-up of suspected or confirmed health problems
- Emergency Health Needs
- Referral of students to appropriate health treatment
- Consultation with a student's parent or guardian regarding the need for health attention by the family physician, dentist, or other specialist when definitive diagnosis or treatment is indicated
- Maintenance of records on incidents of health problems, corrective measures taken, and such other information as may be needed to plan and evaluate health programs
- Health information regarding the placement of students in exceptional student programs and the reevaluation at periodic intervals of students placed in such programs
- Education classes on a variety of health topics
- Medication administration quality assurance and improvement.

### Staff

~~**Staff Wellness Goal:** Provide direct and/or indirect communication and resources to promote a healthy life-style through good nutrition, physical activity and preventive healthcare.~~

1. **Nutrition Goal:** All staff will have access to and will be encouraged to take advantage of high nutrient food options served in school.

**M-DCPS Policy:** M-DCPS will provide nutritious foods, available on campus during the school day, to promote wellness.

(1a) The Department of Food and Nutrition will serve food that is high in fiber, free of added trans fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes in an environment conducive to making nutritional choices.

(1b) The Department of Food and Nutrition will assist in the implementation of the District's Healthy Beverages and Food Guidelines (Appendix A).

(1c) The District will encourage staff to have healthy celebrations at school by providing recommendations and resources (Appendix B).

(1d) The District will encourage staff to have healthy fundraisers by providing recommendations and resources (Appendix C).

2. Physical Activity Goal: All staff will be encouraged to engage in some form of physical activity.

**M-DCPS Policy:** All staff will be encouraged to engage in the recommended levels of physical activity according to the 2008 Physical Activity Guidelines for Americans.

(2a) Staff will be encouraged to participate in at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on 2 or more days per week.

(2b) Staff will be provided the opportunity to participate in physical activity in after school programs and community events.

3. Health and Nutrition Literacy Goal: All staff will be encouraged to learn how to develop healthy lifestyle habits.

**M-DCPS Policy:** All staff will be encouraged to learn about the principles of nutrition and health implications, healthy food choices and other competencies essential to making health-enhancing choices.

(3a) Health literacy resources will be available to staff focusing on concepts of health enhancing behaviors, risk factor reduction for disease prevention, personal safety, and managing stress.

(3b) Nutrition resources will be available and include learning opportunities that enhance health.

(3c) Healthy food choices and fresh food on school premises will be promoted by making relevant nutrition information available as close as possible to the point of choice.

4. Preventive Healthcare Goal: All staff will be encouraged to participate in physical, mental and preventive healthcare.

**M-DCPS Policy:** All staff will have access to resources that address physical, mental, social and emotional wellness.

(4a) Healthcare provider will provide wellness resources that address physical, mental, social and emotional wellness to support staff healthy habits.

### Monitoring and Evaluation

The Superintendent's District Wellness Advisory Committee is responsible for reviewing and monitoring the District's Wellness Policy in accordance with the District's goals and initiatives to ensure high academic achievement through enhanced wellness curriculum and programs to improve the health and wellness of all students and staff.



School sites are also authorized and encouraged to convene sSchool wWellness eCommittees to ensure the implementation of this policy and related activities.

The goals, objectives and guidelines of the M-DCPS Wellness Policy will be reviewed annually. Recommendations to the Superintendent by the Wellness Advisory Committee will address responses to changing conditions, more effective techniques and proven strategies, incorporate new objectives if needed, and ensure that the guidelines reflect emerging scientific knowledge relevant to the health of students and staff.

To view the M-DCPS Wellness Policy Agenda Items please go to:

<http://www.dadeschools.net/schoolboard/agenda/e36.pdf>

<http://pdfs.dadeschools.net/Bdarch/2007/Bd101707/agenda/e36.pdf>

<http://pdfs.dadeschools.net/Bdarch/2006/Bd051006/agenda/e37.pdf>

<http://pdfs.dadeschools.net/Bdarch/2005/Bd111605/agenda/A3rev2.pdf>

# Appendix A

## HEALTHY BEVERAGES AND FOOD GUIDELINES

Miami-Dade County Public Schools (M-DCPS) is committed to providing an environment in which all students can make healthful food choices for lifelong health. As such, the following Healthy Beverages and Food Guidelines will be implemented effective August 11, 2008 for all food sales before, during and 1 hour after school.

### Beverage Guidelines

#### Elementary School

- Bottled Water
- Up to 8 ounce servings of milk and 100% juice
  - Fat-free or low-fat regular and flavored milk and nutritionally equivalent milk alternatives with up to 150 calories/8 ounces
  - 100% juice with no added sweeteners, up to 120 calories/8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals

(As a practical matter, if elementary and middle school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the middle school standard.)

#### Middle School

- Same as Elementary School, except juice and milk may be sold in 10 ounce servings

#### High School

- Bottled Water
- All beverages must be non-carbonated and caffeine free
- No- or low-calorie beverages with up to 10 calories/8 ounces
- Up to 12 ounce servings of milk, 100% juice and certain other drinks
  - Fat-free or low-fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 150 calories/8 ounces
  - 100% juice with no added sweeteners, up to 120 calories/8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals
  - Other drinks with no more than 66 calories/8 ounces
- At least 25% of non-milk beverages must be water and no more than 25% of beverages may be no- or low-calories options

### Food Guidelines

- No more than 35% of total calories from fat
- No more than 10% of total calories from saturated fat
- No more than 35% added sugar by weight
- No added trans fat
- No more than 480mg of sodium

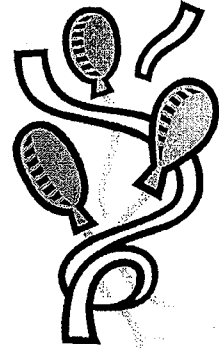
These guidelines do not apply to school-related events where parents and other adults are part of an audience or are selling beverages as boosters during intermission, as well as immediately before or after an event. Examples of these events include school plays and band concerts.

# Appendix B



# RECOMMENDATIONS FOR HEALTHY CELEBRATIONS AT SCHOOL

We all love to celebrate birthdays in class, especially our own children's; however, we have to remember that our goal is to provide our children with foods of Maximum Nutritional Value on a regular basis. Although birthdays come only once a year, there may be 25 or more "celebrations" in class during the school year, plus celebrations of Valentines Day, Halloween, and other holidays. Typically, foods for school celebrations include cupcakes, candy, cookies, and soda. So what is the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception. Parties and treats used as classroom rewards, food fundraisers and snacks constantly expose children to high-fat, high-sugar, low-nutrient choices.



## BUT IT'S ONLY A CUPCAKE.....



Childhood obesity is one of our nation's leading threats. There are over 12 million children who are already at risk of becoming overweight or are overweight. More children than ever before are developing medical conditions that you would normally see in adults, such as type-2 diabetes, high cholesterol, and high blood pressure. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices.

## Benefits of Healthy Celebrations

- **Healthy Children Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, parents should assist schools in providing an environment that supports healthy behaviors.
- **Provides Consistent Messages:** Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.
- **Creates Excitement About Nutrition:** Children are excited about new and different things, including fun party activities and healthy snacks. School staff and parents need not worry that children will be disappointed if typical party foods are not served in the classroom.
- **Protects Children with Food Allergies:** When parents send in food, it is difficult to ensure the safety of children with food allergies. You can help protect children with food allergies by providing non-food celebrations.

- **Puts Food in Its Proper Place:** Refreshments should complement the fun, not become the “main event.”

## WHAT PARENTS CAN DO



Parents can help schools promote a healthy learning environment by providing healthy celebrations that shift the focus from the food to the child. Send in a game or craft that the children can make. If you are sending in food, make it count with healthy choices! You can even incorporate a fun nutrition lesson by involving your child when planning and preparing the healthy snacks. On the next page you will find some ideas for fun activities and healthy foods for school parties and other celebrations. For more ideas and links to information visit <http://nutrition.dadeschools.net>.

### HEALTHY FOOD IDEAS



- Fruit smoothies (blend berries, bananas, and pineapple)
  - Fresh fruit assortment (e.g., fruit and cheese kabobs, fruit salad, or fruit with low-fat whipped topping)
  - Dried fruit (e.g., raisins, cranberries, apricots, banana chips), 100% fruit snacks
  - Low-fat or nonfat plain or flavored milk, 100% juice and water
  - Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
  - Whole grain crackers with low-fat cheese cubes or low-fat string cheese
  - Pretzels, low-fat or air popped popcorn, rice cakes
  - Angel food cake, plain or topped with fresh fruit
  - Low-fat pudding, low-fat yogurt, low-fat yogurt parfaits or banana splits (e.g., yogurt and fruit topped with cereal, granola, or crushed graham crackers)
  - Baked tortilla chips with salsa or bean dip
  - Trail/cereal mix (e.g., whole-grain, low-sugar cereals mixed with dried fruits, pretzels) - See the recipe on the next page.
  - Fresh fruit with low fat yogurt dipping sauce - See the recipe on the last page.
  - Hummus with whole grain crackers or pretzels
- Plan special party games and activities. Provide game supplies, pencils, erasers, stickers, and other small school supplies instead of food.
  - Work with the teacher to see if children can be given extra recess time instead of a class party. See if the birthday child can choose and lead an active game for everyone.
  - Instead of food, purchase a book for the classroom or school library in your child's name. Go to school with your child and read the book to the class.
  - Instead of a party, organize a special



community service project, e.g., invite Senior Citizens to eat in the cafeteria with your child's class, make “curechiefs” for chemotherapy patients and blankets for rescue dogs.

- Bring in materials and ask the class to create a “Celebrate Me” book. Have the celebrant's classmates write stories or poems and draw pictures to describe what is special about the birthday child.

### ACTIVITIES TO CELEBRATE THE CHILD

When bringing any food into the school environment make sure to ascertain if any of the children have food allergies.

Adapted with permission from *Healthy Celebrations*, Connecticut State Department of Education, May 2005 (Revised February 2007).

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>

## **Appendix C**

## RECOMMENDATIONS FOR HEALTHY FUNDRAISING

Miami-Dade County Public Schools' frequently rely on fundraising activities to supplement their budgets, to pay for athletics and activities. However, the majority of the fundraisers that are currently utilized involve the sale of candy, soda, and other unhealthy products. The purpose of this document is to provide you with some ideas for fundraisers that engage the community and the students, in a meaningful way and that don't undermine the nutrition and health of the students and staff.

### Ideas for Healthier Fundraisers:

- Hold a Dominoes Tournament.
- Sell First Day of School Packets. Put together grade appropriate packets that contain all the school supplies you need to start the school year off right.
- Sell Flavored Vinegars that are made with the herbs from the school garden.
- Organize events like walk/bike/dance/skate/jump rope-a-thons or fun runs for which sponsors pledge money by the mile/hour/minute.
- Organize a car wash. Pre-sell coupons so that you make money even if the person doesn't show up to have their car washed.
- Plan a parent-teacher/student talent show and sell tickets.
- Book fairs promote literacy while raising funds.
- Cookbook fundraiser. Schools collect healthy recipes from students, staff, and prominent community members to create a cookbook, which is sold to members of the community..
- Flower and balloon sales. Sell Flowers and/or balloons for valentines Day. Take orders a head of time.
- Sell Plants for Mothers Day. Take orders ahead of time.
- Have a yard sale or auction and ask parents, students and staff to donate items.
- Seek support from local businesses. Ask them to donate a certain portion of their sales from a given date or time to the school.
- Sell parking spaces to the high school students. Find out where the most desirable parking spaces are and then sell them on a monthly basis.
- Live or silent auctions with local businesses and community members donating items and services (e.g., weekends at vacation homes, pool or lawn care, baby sitting, lunch with a local celebrity); similarly consider **selling raffle tickets.** Some common prizes include tickets for movies, sporting events, and concerts; spa treatments; gift certificates from local retailers; and vouchers for car washes or dry cleaners. Alternately, in a **50/50 raffle**, the prize is half the money raised.
- Sale of School related items. Sales of t-shirts, sweatshirts, pens, pencils, hats, bumper stickers, water bottles and other items branded with the school logo can help build school spirit within the community.
- Recycling fundraisers include computers, printer' cartridges, and cell phones that recycling companies purchase from schools.



- **Grocery Store fundraisers**, whereby grocery stores give a percentage of community members purchases to a designated local school.
- **Ask parents for a donation at the beginning of the school year.** Many parents prefer to pay an upfront donation to the school to reduce the number of other fundraisers during the rest of the school year. Organize a festival or craft fair and charge admission or charge exhibitors a fee.
- **Hold a student art sale** where students' artwork is sold such as cards, drawings, jewelry, etc.
- **Singing telegrams** are popular with music students. People can purchase a telegram for birthdays and other special occasions.
- **Sell ad space** in the school newspaper to local businesses.
- **Gift Wrap sales.** Ask gift wrap companies for catalogs that do not contain candy and other low-nutrition foods in addition to gift wrap.
- **Custom labeled bottled water.** Schools recruit local sponsors to donate money in exchange for having the sponsor's name printed on the water bottle.
- **Wrist Bands.** Customize the color and slogan of your wrist bands.
- **Candles** are wonderful additions to any home decor, and using organic soy candles is not only good for the environment, it's also non-toxic for the body, as well.
- **Golf Tournament.** Hold a tournament where students, staff and community members can participate.

### **Additional Resources**

<http://www.nojunkfood.org/fundraising/>

<http://www.fundraiserinsight.org/articles/fundraisinghealthyliving.html>

<http://www.healthiergeneration.org/schools.aspx?id=3320>

<http://www.cde.state.co.us/cdenutritran/download/pdf/WPHealthyFundraisingforSchools.pdf>

[http://www.beefnutrition.org/uDocs/nd6handout\\_feb07\\_.pdf](http://www.beefnutrition.org/uDocs/nd6handout_feb07_.pdf)

[http://www.healthyshasta.org/downloads/Creative\\_Fundraising.pdf](http://www.healthyshasta.org/downloads/Creative_Fundraising.pdf)

[http://www.squaremeals.org/vgn/tda/files/2348/13149\\_Non%20Food%20Ways%20to%20Reward.pdf](http://www.squaremeals.org/vgn/tda/files/2348/13149_Non%20Food%20Ways%20to%20Reward.pdf)

<http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/fundraising.pdf>

<http://topschoolfundraisers.com/news/healthy-fundraising-events-that-are-good-for-your-body/>

[http://www.schoolnutrition.org/uploadedFiles\\_old/ASFSA/Create%20and%20Promote%20Healthy%20Fundraisers.pdf](http://www.schoolnutrition.org/uploadedFiles_old/ASFSA/Create%20and%20Promote%20Healthy%20Fundraisers.pdf)

<http://www.typeamom.net/healthy-fundraising-ideas.html>

<http://sde.state.ok.us/Schools/ChildNut/wellness/FundraisingIdeas.pdf>

[http://www.doe.in.gov/food/schoolnutrition/fact-sheets/healthy\\_fundraising\\_ideas.pdf](http://www.doe.in.gov/food/schoolnutrition/fact-sheets/healthy_fundraising_ideas.pdf)

<http://www.nutritionnc.com/ResourcesForSchools/pdf/esmm/AdvocacyTools/ActionTools/Fundraising.pdf>