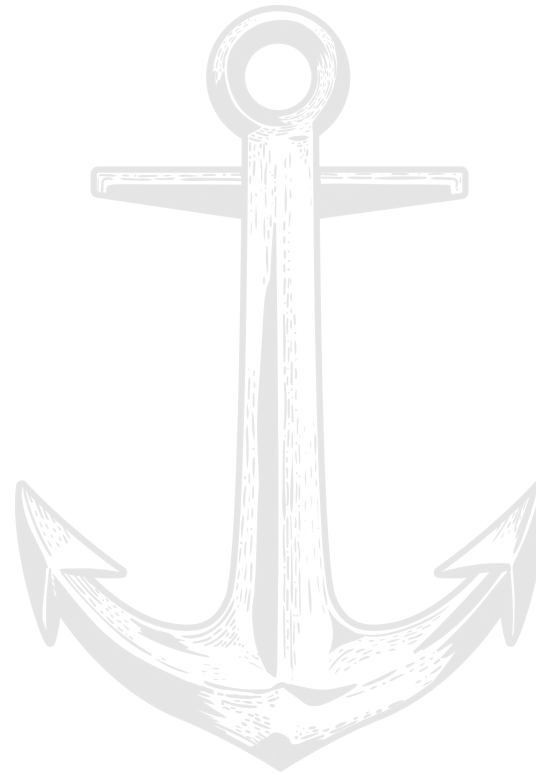


VISIT THE FOLLOWING WEBSITES FOR MORE INFORMATION REGARDING FUNDRAISING

<https://www.smcps.org/files/DSS/FoodServices/fundraisers-family-health-f1.pdf>
<https://www.fundraiserinsight.org/articles/fundraisinghealthyliving.html>

FOR MORE INFORMATION ON SOUTHAMPTON SCHOOL DISTRICT'S WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION IN ITS ENTIRETY, GO TO WWW.SOUTHAMPTONSCHOOLS.ORG AND CLICK ON DISTRICT NUTRITION



For additional questions, comments, and concerns, please contact Regan Kiembock, Registered Dietitian, Foodservice Director (631) 591-4637

Created by Rachel Phillips,
Dietetic Intern
2021/2022



NON-FOOD FUNDRAISING ACTIVITIES



A FUN GUIDE TO HEALTHIER FUNDRAISERS

SOUTHAMPTON WELLNESS POLICY

The goal of Southampton School District's Wellness Policy on Physical Activity and Nutrition is to provide a school environment that supports healthy eating and physical activity, in order to establish good habits in childhood that can help to prevent chronic disease in adulthood. The Wellness Policy outlines nutritional standards for foods sold in school and encourages physical activity on a regular basis. These standards also apply to fundraising activities, such that schools will encourage fundraisers that promote physical activity. Fundraisers in which foods or beverages are to be sold must follow the nutritional standards as per the Wellness Policy.

NON-FOOD FUNDRAISING THE PROMOTES PHYSICAL ACTIVITY

- 5k and 1k Walks
- Battle of the Classes (High School/Middle School)
- Athletic Tournaments
 - Volleyball
 - Basketball
 - Corn hole
 - Dodgeball
- Teacher/Student Competitions
- Walk, Bike, Run, Dance, Zumba-a-Thon
- American Ninja Warrior Challenge
- School Dance
- Golf tournament
- Sports Adult Camps
 - Run by Student-Athletes
- Fitness Class
 - Taught by Student-Athletes
- Fitness Challenges

NON-FOOD FUNDRAISING: TO GET ADULTS INVOLVED

- Calendar Raffles
- Parents Night Out
- Valentine's Day Dinner
- Car Wash
- Sell Candles
- Sell Plants or Seeds
- Chinese Auction
- Staff Created Cookbook
- Paint Night

NON-FOOD FUNDRAISING: TO GET THE CHILDREN INVOLVED

- Bingo
- Game Night
- Battle of the Bands
- Talent Show
- Science Fair
- Read-a-Thon
- Trivia/Jeopardy Night
- Craft Fair