

Healthier Fundraising: A Guide

There are ways to fundraise without
chocolate and still make a profit.

Small changes will make a **big difference**.



500

GRAMS

The amount of fat in
a typical chocolate
fundraising box.¹

Healthier fundraising: a guide.

Fundraising activities are important to any organisation – be it workplaces, sporting clubs, schools or community organisations.

For all of these settings, the goals of fundraising are the same - raising funds for organisational activities or a community cause. Fundraising events are also an important way of increasing staff morale.

However, fundraising is typically centred around the sale of unhealthy food and drink items. In workplaces, fundraising usually involves the ever present chocolate box, or the greasy sausage sizzle. But fundraising can be so much more and promote health at the same time.

Why healthy fundraising?

With more and more workplaces adopting healthy eating policies and implementing health and wellbeing programs, the chocolate fundraiser or greasy sausage sizzle sends a mixed and confusing message to workers.

Consistency of messages in the workplace is the key, and the provision of healthy fundraising items and events is another way to promote health and wellbeing in your workplace and to support your workers to make healthy choices.

Some workplaces may choose to implement a healthy fundraising policy as part of a wider workplace health and wellbeing policy.

For other workplaces, it may simply be about the suggestion of healthier alternatives. This resource will hopefully provide a raft of fresh and appealing ideas for fundraising items and/or events in your workplace.



Fundraising items

<p>Easter drive</p>	<p>It's always great to run a fundraising activity in conjunction with a community or family event. Perhaps because many of us are often in a more festive and generous mood!</p> <p>Instead of chocolate eggs, why not fundraise with some traditional hot cross buns?</p> <p>Everyone loves a toasted bun, so why not direct the profits to your workplace rather than the supermarket or bakery down the road?</p> <p>Avoid the choc chip ones though - the sultana versions are much more nutritious!</p>
<p>First aid kits</p>	<p>First aid kits are a useful item that can be kept in the home or even in the car.</p>
<p>Healthy snacks</p>	<p>We're all familiar with the chocolate box fundraiser but there are many more alternatives that can achieve the same goal and avoid contributing to our expanding waistlines.</p> <p>Why not consider fresh fruit and vegetables or dried fruit and nut packs?</p> <p>Check out the WA School Canteen Association's Healthy Food Fundraisers fact sheet.</p>
<p>Labels for clothing</p>	<p>Never get items of clothing mixed up again! Personalised labels for clothing and stationery are a very practical fundraiser.</p>
<p>Non-food fundraisers</p>	<p>An alternative to food fundraising is to fundraise with household items such as toothpaste, toothbrushes, toilet paper or teatowels. These items are considered 'essential' and are likely to put less financial strain on families that may not be able to afford 'luxury' items.</p>
<p>Raffle</p>	<p>The good ole raffle is always a crowd pleaser!</p> <p>Raffle ticket booklets can be purchased from a local newsagency</p> <p>Prizes - approach local businesses to see if they will donate a prize Set your price according to the quality and value of prizes. e.g. 1 for \$5 or 3 for \$10, 1 for \$10 or 3 for \$20 etc Get selling!</p>
<p>Seedlings or plants</p>	<p>For the workplace 'green thumb'. Support local nurseries or shop online for seedlings and plants to be sold as a fundraiser .</p>
<p>Sunscreen</p>	<p>Sunscreen is an essential item to protect the skin from sun damage. This is a definite 'health promoting' fundraiser!</p>



The companies listed here are not endorsed in any way; rather they provide a starting point for fundraising information and ideas.

Fundraising activities



Casual for a Cause

Hold a regular 'casual clothes day', where workers contribute a gold coin to a local charity for the opportunity to wear non-work attire

Encourage staff to get involved by nominating a charity of their choice. You could include this on a social club calendar to encourage whole of workplace involvement

The chosen charity may link to concurrent community events.

Get on Track Challenge

Encourage workers to get healthy by participating in the 'Get on Track challenge'.

See: www.getontrackwa.com.au

The 'Get on Track Challenge' is a free, fun and entertaining team-based physical activity and healthy eating program co-ordinated by Diabetes WA

This challenge allows workers, wherever they are located to participate and be involved

It's an easy and fun activity to organise:

- create a workplace account at www.getontrackchallenge.com.au
- Opt for the set 8 week challenge or personalise your own competition
- create a 'track' or utilise existing track options
- rally up a team or teams of 2 - 8 people
- choose a captain and team name
- challenge each team to complete the chosen track by logging physical activity and fruit and vegetable consumption online each day
- track the team's progress along the online, interactive map
- the employer or the participants could contribute an amount of money that will raise funds for the workplace or a local charity. The employer could even match the amount raised
- or this challenge could simply be a team building activity
- at the end of the challenge, the winning team obtains bragging rights and could:
 - donate the money raised to a charity of their choice, or
 - use the funds to subsidise a workplace event and the winners choose the destination.

Pedometer Challenge

Encourage workers to get active by holding a pedometer challenge!

It could be held in conjunction with Walkover October (www.walkoveroctober.com.au)

It's an easy and fun event to organise:

- pedometers are available from sports stores or as an iPhone pedometer application (www.10000steps.org.au/library/iphone/)
- challenge workers to reach 10,000 steps each day
- form teams of equal numbers from different work units/departments
- elect a captain for each team
- ask participants to contribute a sum of money (consider asking your employer to match this or double it) that will raise funds for the workplace and/or a local charity
- or this challenge could simply be a team building activity
- nominate a 'Tally Day' and create a 'Tally Sheet' and display in a central location in the workplace
- a 'Tally Sheet' has been included at the back of this resource. This example sheet can be photocopied or alternatively, an editable version can be [downloaded](#) from the HWWA website
- encourage workers to wear their pedometer each day and aim for 10,000 steps per day and record their daily achievement
- on 'Tally Day', ask workers to report their weekly total to the team captain
- the team captain can collate the team's results and input into the 'Tally Sheet' (see attached)
- at the end of the challenge, the winning team obtains bragging rights and could:
 - donate the money raised to a charity of their choice, or
 - use the funds to subsidise a workplace event and the winners choose the destination.

Some notes:

- be inclusive - for staff that are less mobile due to injury or limited mobility, adapt the challenge by:
 - doubling their pedometer count
 - start at a higher count or add a certain number of steps to the daily count.
- celebrate small successes: nominate teams for non-winning awards, such as:
 - Pocket Rockets - Team with highest score each week
 - Steady Achievers - Team with highest average over 3 weeks
 - Leaps & Bounds - Team with biggest improvement over 3 weeks
 - Keen Beans - Most enthusiastic team
 - Could've Beans - Most creative excuses.

Sausage Sizzle - the healthy way

Everyone loves a 'barbie' and why not use the opportunity to raise some dollars?

Instead of the grease-fest, why not opt for some healthier ingredients? After all, a healthy worker is a happy worker.

As a basic cooking method, barbequing is a healthy choice. Where it falls down is the inclusion of high fat sausages and greasy burgers; not to mention the high salt sauces. So there are a couple of key things to remember next time you organise a workplace barbeque get together:

Cut the fat

- choose leaner cut of meats and trim any visible fat
- avoid high fat options such as chops and sausages
- opt for lean, skinless poultry
- select reduced fat and salt sausages and burgers
 - try chicken or kangaroo alternatives
- kebabs are also a good option – skewered lean meat with vegetables and fruit add colour and variety.

Vegies

- always include vegetarian options
 - vegie alternatives such as zucchini burgers or lentil patties
 - vegetarian soy-based sausages
 - barbeque corn cobs and serve with mustard
 - grill vegetables such as eggplant, mushrooms, zucchini or sweet potato
 - tinned pineapple rings, in natural juice, grilled on the barbeque are an easy and cheap option
 - a vegetable slice is also a tasty vegetarian alternative.

Go wholegrain

- swap white bread for wholegrain, wholemeal or multigrain options
- avoid serving with margarine or butter.

Swap the sauce

- use only a small amount of mono or polyunsaturated spray oil, such as canola, olive or sunflower oil
- serve with no added salt sauces.

Serve with sides

- salads are a good way to bulk up what's on offer while also encouraging vegie consumption
- choose meat free salads if you already have meat on the barbeque
- the best option is homemade as supermarket potato, pasta salads and coleslaws tend to be high in fat.

- Try the following suggestions:
 - bean salad
 - four bean mix, red onion, celery and parsley with a vinegar
 - chickpeas, tomatoes, cucumber, reduced fat feta with lemon and oregano
 - coleslaw
 - cabbage, carrots, shallots, capsicum and reduced fat mayonnaise
 - Spanish inspired – purple cabbage, carrot and smoked paprika
 - couscous salad
 - chickpea, currants, orange and spring onion with a low or no-oil dressing
 - roasted vegetable and reduced fat feta
 - garden salad
 - potato salad
 - with a low or no oil and mustard dressing
 - with a reduced fat yoghurt-based dressing
- using pre-cooked rice, which is widely available from supermarkets can cut down on preparation time
 - brown rice with currants, tomatoes, spring onions and a no added salt soy sauce and sesame oil dressing
 - Hawaiian: brown rice with corn kernels, celery, carrots, capsicum and pineapple pieces.

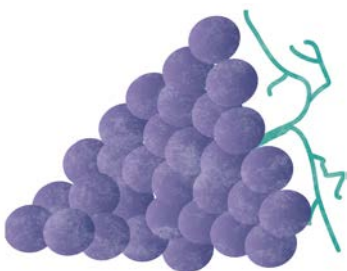




Something sweet?

Finish a barbecue with something sweet and fresh by offering fruit:

- Frozen fruit:
 - grapes
 - pineapple pieces rolled in coconut
- Fruit salad
 - strawberries, fresh mint, black pepper and lemon juice
 - cut up fresh fruit in season and squeeze lemon juice to keep colours bright and fresh.



Thirst quenchers

Drinks can easily lead to the introduction of unnecessary kilojoules, so try the following options:

- plain water, including plain mineral and soda water
 - if plain water doesn't fit the bill, add lemon or orange slices
- diet soft drinks varieties
- small servings (<250mL) of 99% fruit juice
- If alcohol is available, always ensure the responsible serving of alcohol. The Australian National Guidelines recommend:
 - drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion
 - drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury
- For more information see: www.alcohol.gov.au.

Other information

When organising a barbecue, food safety must be considered. The food safety fact sheet provides important information to consider, which is specific to barbecues.



Soup Fundraiser

- soup can be prepared quickly, inexpensively and made in advance
- make a large pot of soup, and decant into mugs (workers' own) or disposable cups
- offer a variety of soups to appeal to different tastes
 - ensure there is a vegetarian option available
 - encourage the use of seasonal vegetables to keep costs down and support local farmers
 - for creamy soups, use reduced-fat milk, light evaporated milk or ricotta cheese instead of cream
- serve soup with crusty wholemeal or multigrain bread rolls
- fundraising can occur by either selling soup 'by the mug or cup' or asking workers to make a gold coin donation in order to participate
- pending the fundraiser's success, you may opt to hold a regular 'soup club' where different staff members bring in a pot of soup each week through the winter months.

This content has been influenced by the Department of Health and Human Services, Tasmania (2012), Healthy Workplace Resource Toolkit.

Smoothie or Salad Fundraiser

- A summer alternative to soup club could include smoothies or salads!
- This would work on the same premise as a soup fundraiser.



Trivia or Quiz Night

A trivia night is a great way to get your work colleagues together, learn something new and have a few laughs. An event like this is always bound to reveal some unknown quirks too!

What is provided here is a guide to get you started. It is in no way exhaustive and the idea is that you personalise it for your workplace.

Getting started:	<p>The venue must be easily accessible, have sufficient parking and/or be close to public transport.</p> <p>Facilities should include music and microphone capabilities, tables and chairs.</p> <p>Consider refreshments too - healthy of course. See our catering guidelines resource for inspiration and ideas.</p>
Structure:	<p>4-10 people per group, with 5-10 groups</p> <p>Consider a theme</p> <p>Entry fees - \$10 - \$20 per person depending on your costs</p> <p>Timing - 2.5 - 4 hours duration</p> <p>Questions - 6 - 7 rounds of 10 questions (see below)</p> <p>Quiz master - every workplace has one!</p> <p>Prizes - decide the reasons you will award the prize - winning team, most creative team name etc.</p> <p>Stationery - you will require answer sheets, pens, spare paper and perhaps a tally board.</p>
Questions:	<p>Decide on the theme for each round as this will help direct the types of questions to include.</p> <p>The internet has a myriad of example questions available - use these for inspiration.</p> <p>But you may also like to make the quiz as relevant as possible - current events or even specific questions regarding the workplace. The latter is bound to get everyone involved!</p>



Workplace healthy recipe book

A recipe book is a perfect way to share ideas and fundraise with an item that is unique to your workplace. They also make a great gift!

01

Decide the best way forward:

call on the expertise of an organisation who specialise in making cookbooks:

- www.schoolyardstories.com.au/index_cookbook.php
- www.ultimatefundraising.com.au/cook_books_personalised

or opt to do it in house.

02

Call for healthy recipes

- ask your colleagues to submit a favourite healthy recipe with accompanying photo or some memory about the recipe
- define 'healthy' as the inclusion of lots of fruits and vegetables, limited added sugars, fat and salt.

03

Compile recipes

- before collating the recipes, it's a good idea to check that the recipes are actually healthy
- you may like to enlist the services of a local dietitian, a knowledgeable spouse/partner or contact the WA School Canteen Association Inc. (WASCA) to assess the recipes for you
- collate the recipes into sections so as to help define your book – e.g. 'light bites', 'main course', 'delectable desserts' etc.

04

Include some additional information

- as it is a healthy cookbook, you may wish to include some information on key dietary information, like the Australian Dietary Guidelines or the Australian Guide to Healthy Eating. See: www.eatforhealth.gov.au.

05

The final steps

- as the project starts to come together, you will need to think about overall design and printing
- at this point, you will also need to consider pricing
- and finally, getting the word out. With all the hard work done and dusted, it's time to think about how to generate sales and raise some funds.



Hawaiian rice salad

Serves 20	10	25	50
500 g quick cook brown rice	250 g	625 g	1.25 kg
440 g can corn kernels	1/2 can 220 g	1 1/4 cans 550 g	2 1/2 cans 11 kg
4 sticks celery, sliced	2	5	10
6 spring onions, sliced	3	7	15
10 slices lean ham, diced	5	12 1/2	25
3 medium carrots, grated	1 1/2	4	8
2 red or green capsicums, diced	1	2 1/2	5
440 g can pineapple pieces, drained	220 g	550 g	11 kg
150 mL oil-free salad dressing	75 mL	190 mL	375 mL
black pepper		to taste	

Method

Adapted from Food Smart, NHF

1. Prepare rice according to directions on packet
2. Mix ingredients in a large bowl
3. Refrigerate before serving.



Lentil pattie burgers

Serves 20	10	25	50
440 g can lentils	½ can 220 g	1 can 440 g	2 cans 880 g
3 cups potatoes, mashed (870 g raw potato)	1½ cups 435 g raw	3¾ cups 1 kg raw	7½ cups 2.2 kg raw
2 onions, finely chopped	1	2½	5
1½ cups rolled oats	¾ cup 70 g	2 cups 180 g	3¾ cups 360 g
1 cup wholemeal bread crumbs	1½ cups 60 g	1¼ cups 155 g	2½ cups 310 g
pinch cumin	pinch	pinch	¼ tsp
pinch chilli powder (optional)	pinch	pinch	¼ tsp
3 eggs, beaten	2	4	8
½ cup parsley, finely chopped	¼ cup	½ cup	1¼ cups
125 mL lemon juice	60 mL	155 mL	310 mL
1 cup All Bran	½ cups	1¼ cups	2½ cups
oil to brush	to brush	to brush	to brush
20 bread rolls	10	25	50
assorted salads			

Adapted from Food Smart, NHF

Method

1. Preheat oven to 180°C
2. Mix washed and well-drained lentils and other ingredients together, except bran
3. Form into 90 g patties
4. Coat in bran and brush lightly with oil
5. Place on a tray and bake in an oven for 5-8 minutes on each side
6. Place onto bread rolls with your choice of salad items (eg: shredded lettuce, tomato slices, grated carrot, pineapple rings, onion rings, beetroot etc).

Note: Could be served with mild chilli sauce or satay sauce. The patties could be cooked in an electric frypan

Zucchini burgers

Serves 10	10	25	50
3 medium zucchinis, grated	3	7	14
4 slices wholemeal bread, crumbed	4	9	18
½ cup Parmesan cheese	½ cup 50 g	1 cup 125 g	2 cups 250 g
4 eggs, beaten	4	9	18
1 tablespoon basil, chopped	1 tbsp	2 tbsp	4 tbsp
1 tablespoon oregano, chopped	1 tbsp	2 tbsp	4 tbsp
1 large onion, grated	1	2	4
2 tablespoons parsley, chopped	1 tbsp	2 tbsp	4 tbsp
10 bread rolls split in half	10	25	50
assorted salad items			

Method

From NHF Cooking for Plenty

1. Preheat oven to 180°C
2. Combine grated zucchini, breadcrumbs, cheese, eggs, herbs and onion in a bowl and mix well
3. Form into patties and place on a greased tray
4. Bake in the oven until brown
5. Place onto bread rolls with your choice of salad items (eg shredded lettuce, tomato slices, grated carrot, pineapple rings, onion rings, beetroot etc).

Note: These patties may also be cooked in a greased non-stick shallow pan.





Vegetable slice

Serves 16

1 packet (approximately 300g) of frozen spinach
(defrost and squeeze out most of the moisture before adding to the cake)

1 tsp baking powder

½ tsp bicarbonate of soda

1 cup semolina

½ cup gram flour (chick pea flour)

½ cup oil

1 cup of reduced fat yogurt

2 cups mixed frozen vegetables

2 tsp grated ginger (optional*)

2 large cloves garlic, crushed (optional*)

1 tsp sweet chilli sauce (optional*)

Sesame seeds - sprinkle with sesame seeds prior to baking

**optional ingredients enhance the flavour of the vegetable slice*

Method

1. Preheat oven to 180°C
2. Line a 19cm x 27cm baking tray with grease proof paper or spray lightly with canola oil
3. Mix all ingredients together and transfer to baking tray
4. Sprinkle with sesame seeds
5. Bake for approximately 30 minutes or until golden
Do not overcook as the edges will become very dry
6. Cut the slice into squares for serving.

Pedometer Challenge - Team Tally Sheet

Month	Team 1	Team 2	Team 3
Week 1			
Week 2			
Week 3			
Week 4			
Total			

Month	Team 1	Team 2	Team 3
Week 1			
Week 2			
Week 3			
Week 4			
Total			

Month	Team 1	Team 2	Team 3
Week 1			
Week 2			
Week 3			
Week 4			
Total			

Month	Team 1	Team 2	Team 3
Week 1			
Week 2			
Week 3			
Week 4			
Total			

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