

## HEALTHY FUNDRAISING

A healthy diet is important in maintaining good health and, as part of your health and wellbeing program, you have the opportunity to create a workplace environment that supports healthy eating. By offering healthier fundraising items in your workplace, you can promote good health messages and support your employees to make healthy choices.

This fact sheet may give you some fresh ideas for profitable fundraising activities that also take care of your employees' health.

### Soup day fundraiser

A great fundraiser for the cooler months – soups can be prepared quickly and inexpensively, and even made the day before if needed.

- Make a large pot of soup, and sell in mugs or cups.
- Try offering a different flavoured soup each time. Using seasonal vegetables will keep costs down and support local farmers.
- For creamy soups, use reduced-fat milk or light evaporated milk instead of cream.
- Serve soup with crusty wholemeal or multigrain bread rolls.

As an alternative to the soup day fundraiser, try a smoothie day fundraiser during warmer months. Blend or process your choice of fruit (tinned or fresh) with yoghurt, low-fat milk or crushed ice, and sell by the cup. For extra frothy smoothies, use icy cold milk.

### Orchard produce fundraiser

Sell bags of fruit or vegetables in season, such as mangoes, bananas or asian vegetables. At the right time of year, your workplace will be able to obtain cheap bags of fruit from local growers or orchards, and you can repack these into smaller sizes to sell to your employees with a reasonable markup. You can also raise funds through selling individual pieces of fruit in the same manner.

Traditionally, fundraising in workplaces has centred on selling mostly unhealthy items, such as high-sugar and high-fat food and drinks. Given the healthy eating policies and messages often promoted by organisations, this can send a mixed and confusing message to employees.



## Redesigning the sausage sizzle

With a few changes, a traditional barbecue fundraiser can be a quick, easy and nutritious way of feeding a large group.

- Limit meat choices to one or two options, and choose lean cuts of meat.
- Lean rump steak, skinless chicken, fish or kangaroo fillets are great options for barbecues.
- Kebabs are popular at barbecues. Use marinades to make kebabs juicy and flavoursome.
- Try lean burger patties made with low-fat mince.
- Ask your butcher for leaner, less salty sausages.
- Offer wholemeal or wholegrain breads instead of white bread.

Include plenty of vegetarian options. Consider:

- veggie, lentil or tofu burgers
- barbecued corn cobs, onions, mushrooms and tomatoes
- jacket potatoes – offer fillings such as coleslaw and low-fat sour cream.

Ensure there is a wide selection of salads, including grain-based options such as pasta or rice salad. Use low-fat dressings to provide flavour.



## Non-food fundraising

There are many alternatives to fundraising with foods – some non-food fundraisers you might like to try in your workplace include:

- fun runs
- cinema nights
- trivia nights
- raffles
- second-hand book stalls
- clothes swaps
- pedometer stepping sponsorships.