



# Healthy Options WA

## MAKING HEALTHY CHOICES EASIER

### Fundraising initiatives

**Fundraising activities help forge connections with the local community, raise much needed funds for health services, and provide volunteer opportunities.**

However, not all fundraising initiatives are healthy. The minimum requirements for fundraising initiatives occurring on WA health system entities are outlined in section 3.3 of the *MP 0142/20 Healthy Options WA Food and Nutrition Policy*. The intention is for fundraising activities to be healthy initiatives that are consistent with the messages supported by the Department of Health. Some ideas for fundraising initiatives that promote healthier food and drink choices, as well as alternative ways of raising funds (without food or drink) are provided.

#### Healthy non-food prizes

- movie or event ticket
- gift card
- experience voucher
- gym membership or trial
- step counter e.g. Fitbit, Garmin
- sporting equipment e.g. fishing, snorkeling, cricket set, boule set
- work lunch box/esky/picnic set
- seedlings or organic herb kits
- indoor plants
- stationery, e.g. calendar, diary, notebook, greeting cards
- homewares, e.g. coffee mugs, coasters, tea for one set, candle
- healthy recipe book
- kitchen supplies/gadgets
- clothing e.g. active wear, socks, hat, travel gadgets e.g. portable phone charger
- massage or beauty therapy voucher
- cooking class voucher
- first aid kit

#### Healthy food prizes

- gift hamper (filled with healthy produce that is Green and Amber such as chutney, relish, crackers, olives)
- fresh fruit hamper
- locally sourced condiments such as honey or olive oil

#### Handy hint

Make sure you classify the food items overleaf using the *Healthy Options WA: Making Healthy Choices Easier: How to Classify Food and Drinks Guide* to ensure they are Green or Amber.

#### Major fundraising events

- soup day (winter warmer idea)
- cultural theme days
- casual for a cause day, e.g. charity jeans/socks/t-shirt/hat day
- barbecue (serving Green and Amber food and drink options)
- baked potato day
- hot cross bun Easter drive (buns with no icing or confectionery)
- raffle
- car wash
- quiz night
- sport-a-thons e.g. walking, running, swimming, cycling, orienteering or stair climbing challenge instead of taking the lift.

#### Healthy shelf-stable food fundraising ideas

- canned fruit
- popcorn
- nuts and nut/seed bars
- natural nut butter
- porridge, muesli or whole-grain cereal sachets
- breakfast drink
- ready-to-eat soups
- ready-to-eat foods such as:
- tuna and grain salad
- grain and legume salad
- canned legumes
- roasted legume snacks
- dried fruit and nut snack packs
- gourmet crackers
- coffee beans
- tea bags

