



School District 8
Kootenay Lake



Food Fundraising Guide

Feeding Futures
School District 8 Kootenay Lake



Food Fundraiser Overview



Nutrition

Up to 4 times per year, schools are permitted to run food fundraisers involving items from the guidelines in this document. All other school to student fundraisers must abide entirely by the Canada Food Guide and the Guidelines for Food and Beverage Sales in B.C Schools.

Adult to adult (non-student) fundraisers are not bound by the above nutrition guidelines (e.g., Purdy's).

Mark-Up

Fundraisers involving food provided during the standard lunch, breakfast, or snack program are subject to a maximum mark up of 20%.

Food fundraisers outside of school hours or with entirely donated ingredients are not subject to a maximum mark-up. Examples of these events are listed below. For other food related fundraisers, please contact the Food Program Advisor for approval.

Fundraisers not subject to a maximum mark-up

- Middle and Secondary school sports tournaments
- Fundraisers with entirely donated ingredients
- Popcorn sales
- Craft fairs
- Christmas concerts
- Entrepreneurship events
- Movie nights
- Community events
- Purdy's, Cookie dough sales



Balanced food fundraisers look like...

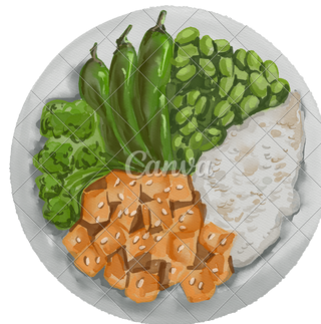
Meals should include:

- **Source of protein** (e.g., lean meat like chicken, turkey and vegetarian options, dairy products, etc.)
- **Grain** (whole-grain, whole-wheat, buckwheat, quinoa, whole grain brown rice or wild rice)
- **Produce** (minimum 2 kinds of produce)
- **Beverage** (water or unsweetened milk)

Entree (inclusive of a grain, protein and vegetables or fruit)



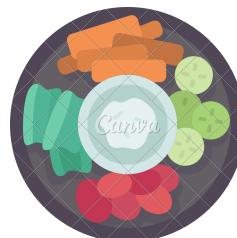
Or



Fruit or Vegetable side



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Beverage



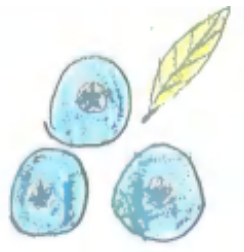
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Fruits and Vegetables



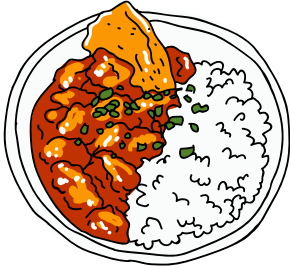
Make nutritious
choices
accessible and
affordable



Other ideas...



Butter Chicken
e.g., KTK Masala Shop



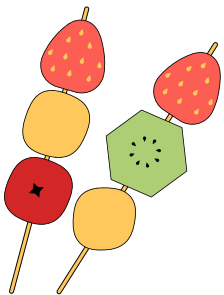
Baked potatoes
(e.g., low-fat sour cream, cheese and chives)



Burritos, Quesadillas, Tacos
(e.g., Chicken, black beans, corn and brown rice in whole wheat tortillas)



Rainbow Fruit Skewers with Chocolate-Dipped Strawberries



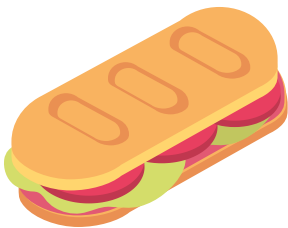
Savory Skewers
e.g., lean beef, chicken, shrimp, peppers, tomatoes, zucchini, feta cheese, pineapple etc.



Chili cookoff
(e.g., lean beef, beans, peppers, corn, low sodium seasoning, whole-wheat bun)



Sub Station
(e.g., various bun options, and filling: lean beef meatballs, sliced turkey or chicken, falafels, lettuce, tomatoes, or other veggies of choice)



Vietnamese Salad Rolls
(e.g., rice noodles, shredded carrot, beet, cucumber, tofu, shrimp, chicken, etc.)



Bannock pizza, or whole-grain/wheat pizza dough, with chicken, turkey, fish, pineapple, veggies, etc.



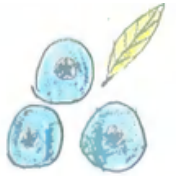
Pancake/Waffle breakfast
(e.g., wholegrain pancake mix, topped with fruit, Greek yogurt, individual maple syrup/honey portion, optional: turkey sausages)



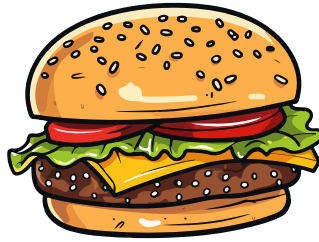
Family spaghetti dinner
(e.g., whole-grain noodles, or gluten free pasta/vegetable pasta, lean beef meatballs, vegetable and sauce of choice)



Any other ideas? Let me know!



Burgers! (e.g., lean beef, chicken, veggie, halal)



*Halal

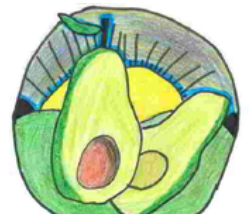


Try to have a variety of gluten-free, whole-wheat/grain, etc. buns





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Up to 4 times per year, schools are permitted to serve the following items at school food fundraisers:

Snacks





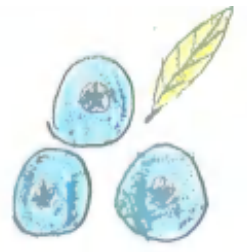
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Hot Dogs



whole-wheat/grain when available



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Beverages

Water should
be the
beverage of
choice





Additional Food Fundraising Ideas:

- Fruit or Veggie Kabobs
- Fruit sticks dipped in yogurt, rolled in granola, coconut, etc.
- Watermelon Slices
- Fresh produce boxes, baskets, or bundles
 - E.g., Sell bundles of donated fresh produce to families
- Banana pops
- Smoothie popsicles
- Pancakes/waffles
- Mini cucumbers, carrots
- Homemade granola bars, trail mix

Fresh to You Fundraiser

Fresh to You is a fundraising initiative for K-12 schools in BC. [Schools participating in Fresh to You Fundraiser](#) receive bundles of locally grown fresh fruits and vegetables to sell to family and friends as a fundraiser

Why Fresh to You?

- It promotes healthy food choices to students and their families.
- It provides high-quality, fresh, and seasonal produce for a healthy fundraising option.
- All of the produce is locally grown from BC suppliers, so your school is supporting BC farmers and growers in your community.
- It provides information for students and families about fresh, locally grown vegetables, as well as recipes for enjoying the produce at home.
- Your school receives a 40% profit on all of the bundles sold.

Bundle 1 - \$25

- 5lb Red Beets
- 5lb Pacific Premium Potatoes - Small
- 3lb Onions (Yellow)
- 3lb Carrots

Bundle 2 - \$30

- 5lb Pacific Premium Potatoes - Small
- 5lb Red Beets
- 3lb Carrots
- 1lb Parsnips
- 283 g Shallots



Non-Food Fundraising Ideas



- Mulch Fundraiser
- Multicultural celebration days
- Favourite sporting team colours
- School discos and concerts
- Costume nights casual dress days
- Face painting days
- Cinema and trivia nights
- bike-athon, sled-a-thon, walk-a-thon, dance-a-thon, rock-a-thon or read-a-thon, for which sponsors pledge money by the mile, hour, or number of books/pages
- Charge for gift wrapping services during holidays
- Organize a fun run
- Recycling cans/bottles/paper
- Used book sale
- Trash to treasure sale: community members bring items to donate for a school yard sale
- Cookbooks with recipes from teachers/students/community members

