



# 5 WAYS

## TO PLAN A HEALTHY FUNDRAISER

Hosting a local fundraiser is a great opportunity to support a charitable event. Many fundraisers feature candies, cookies, and other sweet treats. These sugary foods are not the most nutritious, and when eaten in large amounts on a regular basis can pose health challenges. The great news is there are several ways to focus on good health while raising money for a worthy cause. Here are five ways to make your next fundraiser a healthy one.



Plan an active fun(d)-a-thon, such as a walk-a-thon, swim-a-thon, or bike-a-thon.



Plan a farm-raiser to sell locally grown produce.



Plan a community sports challenge at a local gym or park.



Plan to create and sell a cookbook featuring nutritious recipes from the community.



Plan family night at a local health-inspired restaurant that donates proceeds to your fundraiser.

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