

Foods for School- Sponsored Fundraisers

Attached is a list of non-food fundraising ideas. Students, parents and teachers are encouraged to use alternative fundraising options.

All foods sold as fundraisers available for sale **during** the school day must follow the nutritional standards listed below.

- Packages will be single serving sizes and be less than 250 calories per serving.
- Sugar will not be listed as the first ingredient and be less than 35% by weight.
- Total fat will not exceed 35 % of total calories and be less than 10% of saturated fat.
- Items will contain minimal to no trans fatty acids.

If selling packaged food items, please refer to the list of "Foods sold in school", other ideas could include selling :

- Fresh fruit baskets
- Frozen yogurt or juice bars
- Bagels and muffins
- Air-popped popcorn
- Soft pretzels
- Pizza kits

Avoid any foods that contain peanut, peanut butter, peanut oil or any other nut or seed derivative.