

# *the* Bellingham *good food* Promise

## GUIDELINES FOR CELEBRATIONS AND FUNDRAISERS

Celebrations and fundraisers are an important and valued part of classrooms and school communities. *The Good Food Promise* provides us with guidance to teach and model healthy food choices. Designing celebrations and fundraisers that focus on special activities, instead of food, is an opportunity to promote positive, healthy messages while building a caring community.

### Questions to ask before planning celebrations and fundraisers

**If food is served or sold, does it follow the food values of *The Good Food Promise*?**

**If food is served or sold, how does it build community, culture, equity and inclusivity?**

**What non-food alternatives can be considered for this fundraiser or celebration?**

### Healthy food choices and non-food alternatives

Classroom parties, school celebrations and community-building activities occur frequently in every school and are an essential part of nurturing our diverse school communities.

We are committed to caring for all children while developing healthy and active individuals. To help us fulfill *The Good Food Promise* in our schools, please follow these suggestions to plan fundraisers, celebrations and classroom parties with healthy food choices or non-food alternatives.

These **food values** apply to all food served in Bellingham Public Schools:



# CELEBRATIONS

## HEALTHY FOOD FOR CELEBRATIONS

Raw veggies served with dips  
Yogurt parfaits (yogurt, fruit and granola)  
Air-popped popcorn  
Whole grain tortilla chips with salsa/bean dip  
Pizza party using whole grain crust, veggies and cheese  
Fig bars, granola bars, muffins  
Fresh fruit assortments (fruit kabobs, salad)  
Trail mix (pretzels, dried fruit, sunflower seeds)  
“Fancy water” with fruits and/or herbs

## NON-FOOD ACTIVITIES FOR CELEBRATIONS

Create a special “Celebrate Me” book  
Sharing circle where each student shares something he/she appreciates about the individual  
Extra recess or free-choice time  
Flashlight Friday or pajama day  
“Be a Teacher” for the day  
Lunch with the principal/special guest  
Scavenger hunts  
Dance party  
Special craft/art project  
Fun game the whole class can play

## NON-FOOD TREATS FOR CELEBRATIONS

Books  
Bookmarks  
Stickers  
Physical activities  
Compliment cards  
Games  
Bubbles  
Seeds for planting

# FUNDRAISING

## HEALTHY FOOD FOR FUNDRAISING

Produce boxes or baskets from local farms  
Theme baskets (i.e. fruits, nuts, flowers)  
Meet your chef – prepare healthy meals  
Dried soup mixes  
Whole grain baking mixes  
U-Pick or farm day events  
Herb starter kits  
Family nights at local restaurants  
Smart snacks such as trail mix, pretzels, popcorn

## NON-FOOD IDEAS FOR FUNDRAISING

Jog-a-thon/walk-a-thon  
Game night  
Open gym  
Car wash  
Yard sale  
Auction for products/services  
Carnivals/dance parties  
Book fairs  
Plants/bulbs/seeds  
Friendship grams  
Calendars  
Coupon books  
Subscriptions  
School spirit wear  
Cloth grocery bags

**Wellness Policy 3440 and Procedure 3440P** guide how we serve food in school and how we teach about food. The policy and procedure help us align our daily practices with *The Good Food Promise*.

To view the entire *Good Food Promise* and the Wellness policy and procedure, go to [bellingshamschools.org/wellness](http://bellingshamschools.org/wellness).