

## Billings Public Schools

### FUND-RAISING ACTIVITY

#### Food Fund-Raising

#### Statement of Problem

The percentage of overweight and/or undernourished school age children in the US has risen steadily dramatically since the 1960s.

- Fewer than 25 % of teens are getting the recommended amounts of fruits and vegetables in their diets.
- Fewer than 35% are getting the recommended amounts of dairy foods in their diets.
- 50% of girls and 25% of boys are not getting vigorous activity on a regular basis.
- In the past 20 years, the prevalence of overweight children ages 6-11 has doubled and the prevalence of overweight teens age 12-19 has tripled.
- Eating habits established in youth and adolescence carries over into adulthood.

#### Relevance to District

To address the problem of overweight and/or poorly nourished children the USDA has required schools receiving federal funds for their breakfast and lunch programs to bring the nutritional quality of their meals into alignment with the 2005 Dietary Guidelines for Americans since fall 2006.

The School Health Advisory Committee (SHAC) believes that the school district has a responsibility to, and an interest in, modeling healthy food and beverage choices whenever possible. Two ways the district can reinforce its commitment to creating healthier school environments is by promoting non-food related fundraisers and the sale of healthy foods and beverages for fundraising purpose.

#### Procedure

- When student groups, teachers, or other school personnel sell food items for fundraisers during the school day, the foods chosen must meet the snack/vending food guidelines established by Montana Team Nutrition and adopted by SHAC in Spring 2007. Examples are low-fat granola and trail mixes, nuts, nut mixes, bagels and low-fat dips, high-fiber low-fat muffins, boxes of fruit, low-fat cookies, small caramel apples, baked chips, and popcorn.
- PTAs and other non-school-personnel groups fundraising for the public schools are requested to follow the snack/vending food guidelines for their fundraisers that sell food items. PTAs that have relied on cookie-dough sales for fundraising are requested to hold no more than one cookie-dough sale per year and to offer healthier alternatives for sale at the same time.

- All groups conducting fundraisers shall search for non-food-related ways to raise money such as recycling, car washes, community partner cards, bike-a-thons and walk-a-thons, “silent teas” (donors are sent a tea bag, asked to brew a cup of tea and think about the goals desired, then make a donation without actually purchasing anything) or other donation-only events, and sales of school spirit wear.
- Food that does not meet the guidelines described above may not be used as a reward for the student(s) who has/have sold the most items during a fundraiser or generated the most donations.

**This policy is effective starting July 1, 2008.**

Additional healthy fundraising ideas can be found at these websites:

<http://www.opi.mt.gov/schoolfood/nutritionense.htm>

<http://opi.mt.gov/pdf/schoolfood/SWellnessImpGuide.pdf>- See Appendix B

[http://www.dhs.ca.gov/ps/cdic/cpns/powerplay/download/PP\\_ParentTipSheets\\_Fundraising\\_03-07.pdf](http://www.dhs.ca.gov/ps/cdic/cpns/powerplay/download/PP_ParentTipSheets_Fundraising_03-07.pdf)

<http://www.co.monterey.ca.us/health/communityhealth/Steps/pdfs/fundraiser.pdf>

<http://www.school-fundraisers.com/>

<http://www.sde.ct.gov/sde/PDF/DEPS/Student/NutritionEd/HealthyFundrasing BW.pdf>

Implementing Procedure 4210      Food Fundraisers

Cross References:      Policy 4210      School Support Organizations  
   Procedure 4210-P1      Student Fund-Raising Activities

Procedure History:

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