



Staff Support

NSD staff and community members are encouraged to serve as positive role models. NSD staff will encourage all students to lead a healthy and active lifestyle.

Support Academics

- Read-a-thon
- Science fair
- Spelling bee
- Book fair

Support the Arts

- Art show
- Concerts
- Dances
- Plays and Musicals
- Talent Show

Support

Physical Activity

- Teacher/Student competition
- Walk-a-thon
- Bike-a-thon
- Jump-rope-a-thon
- Fun walks or runs
- Sports Tournament
- Bowling
- Skate Night

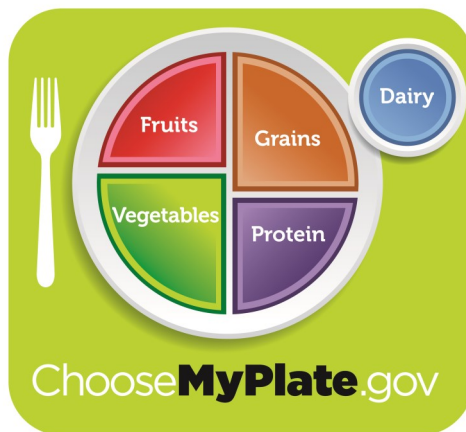


For more information and ideas for
Healthy Fundraisers visit:

www.pta.org

www.ptotoday.com/fundraising-ideas

www.scholastic.com/home



Child Nutrition Services
1500 N Avenue
National City, CA 91950
Phone: 619-336-7699
Fax: 619-336-7531
www.nsd.us/domain/40



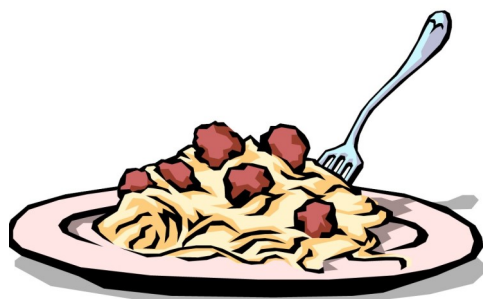
Fundraising Guidelines

for Parents and Staff



General Information

- Only foods or beverages produced in a licensed **commercial kitchen** or facility which is subject to regular health inspections by a local, state, or federal agency in the United States, may be served to students. No homemade foods or beverages of any kind may be served.
- Candygrams** (Halloween, Valentines, etc.) are not allowed any time before school or within 30 minutes of the end of the school day. If healthy compliant treats or non-food items are used instead of candy, the items may be delivered during the school day with the permission of the school Principal.
- Food-based fundraisers, such as **candy bar or cookie dough sales**, are limited to one item per year and may only be sold for the duration of one month. This does not include school events serving food for fundraising purposes (i.e. **spaghetti dinner**). There are no limitations on the number of these types of events.



Guidelines for Non-Compliant Fundraising

Fundraising activities not complying with nutrition standards must meet the following conditions:

1. Off school premises;
2. 30 minutes after the end of the school day;
3. At events where unhealthy food is served, students are required to attend with their parents (i.e. Fall Festivals);
4. During the school day unhealthy beverages (such as sodas, sports drinks, and energy drinks) are not permitted.

Use Your Imagination



Please check with your school principal before planning any type of fundraising.

This institution is an equal opportunity provider

Examples of Items You Can Sell

- School spirit apparel and merchandise
- Candles
- Greeting Cards
- Gift Wrap, Boxes and Bags
- Balloons
- Student Art as keepsakes
- Calendars
- Buttons and pins
- Gift Certificates
- Gift Catalogs (Non –food)
- Healthy Cookbook
- Scratch Cards
- Customized Stickers
- Tupperware
- Flowers
- Plants
- Stuffed Animals
- Picture with Santa
- Pumpkins



Examples of Healthy Foods You Can Sell

- Fresh Fruit and/or Vegetables
- Fresh 100% Fruit Juice
- Fruit Baskets
- Nuts
- Trail Mix
- Fruit Smoothies
- Water
- Frozen Bananas
- Fruit and Yogurt
- Granola
- Crackers
- Vegetables with Dip
- Dried Fruit
- String Cheese

