

5 tips to make fundraising & events healthier!

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Plan

Plan in advance how many events will offer food, and how many will not, over the year.

To align with Education policy, food-based events should take place no more than once a month.

2

Balance

Make events an opportunity to support children's health.

Provide healthy options alongside other food and drink options.

3

Portion size

Where food is provided (such as cakes), turn them into small, bitesize portions.

4

Set limits

Sell a max amount of coupons per child before entering the event to limit the amount of foods they can buy.

Swap it

Swap to sugar free drinks, healthier food alternatives and consider switching to non-food rewards.

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