



*School Nutrition
Information Line*

**Need more help
with guidelines and
policies?**

**Call 1-888-547-0535
toll free to get
assistance from
the school nutrition
support team.**

*Visit the Food in
Schools website:*

*[www.gov.mb.ca/
healthyschools/
foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)*

Fun and Fundraiser Lunches

Many schools in Manitoba have told us that they dedicate at least a few days in a school term to what we call the Fun and Fundraiser lunch. In fact some schools have told us that they may have as many as 30-40 a year! For anyone who has planned or participated in a school wide Fun or Fundraiser lunch – that's a lot of lunches!

Fun Lunch

Typically we have heard that the Fun Lunch is designed to provide a service for busy parents and staff so they can have a break from packing lunch.

Fundraiser Lunch

The Fundraiser Lunch is designed to make a profit. The funds are used for a variety of school based activities and resources such as playground equipment. Certainly the Fundraiser Lunch is designed to be a Fun Lunch and does provide a break for both parents and staff.

MAKING IT MORE NUTRITIOUS

Over recent years school communities in Manitoba have put an increased effort in providing nutritious food choices more often.

With the release of the Manitoba School Nutrition Handbook, Getting Started with Policies and Guidelines in the fall of 2006 more and more school communities in the province are moving away from the typical hot dog Fun and Fundraiser lunches.

Everyone likes progress; it's the change that is more challenging. Most would agree that with any change it takes some work, creativity and determination to make it work. With changing menus, school communities have had to decide if they should continue to prepare food in the school or purchase food from an outside source.

The following are some pros and cons of each and some food ideas for your next school Fun and Fundraiser lunch.

Prepare in School

- ✓ higher profit margin if a fundraiser
- ✓ lower cost of lunch if not a fundraiser

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Healthy Food in Schools

Fun and Fundraiser Lunches

- ✓ informal atmosphere and sense of community
- ✓ wonderful smell of food cooking in the school
- ✓ big use of volunteer time
- ✓ difficult to manage if the usual volunteers are not available, usually one or 2 parents/teachers are the ones able to volunteer and they are very efficient at the process
- ✓ food safety could be compromised when untrained volunteers are needed or insufficient facilities for cooking exist.

Simple to Make

- ✓ Pasta and tomato sauce with milk.
- ✓ Baked beans on a whole-wheat bun with frozen yogurt tube and 100% fruit juice.
- ✓ Baked Potato Bar – Bake potatoes. Serve sliced in half with a variety of toppings. Try shredded cheese, green onions, reduced fat sour cream, chili, baked beans, or yogurt.

- ✓ Longer Lunch – Have fun with a “longer” lunch literally! Younger students will enjoy a lunch of long foods including items such as banana, carrots, celery, and breadsticks, rolled tortilla, cheese sticks or frozen yogurt tubes. Other themes could make a fun lunch. Try round lunches, or different color themes.

PURCHASING FROM OUTSIDE SOURCE

- ✓ free up volunteer time
- ✓ suggestions or complaints could go to the business instead of a school volunteer
- ✓ food safety would be regulated
- ✓ support local community
- ✓ could improve nutritional values of lunch
- ✓ prices could be negotiated for large numbers
- ✓ lower profit margin, however more lunch days may be possible so there may be potential to increase profit
- ✓ loss of informal feel

Simple to Buy

- ✓ If your school does not have kitchen facilities - consider ready to eat hot or cold food items delivered just prior to the lunch break by a local community group, grocery store deli, bakery or restaurant.
- ✓ Local Community Group or restaurant – soups, stews, chili, sandwiches, wraps.
- ✓ Local Bakery – muffins, whole grain buns, bread bowls, bagels.
- ✓ Grocery Store Deli – egg salad, taco salad, pasta salad, lean sliced deli meats such as roast pork, beef, turkey or chicken, vegetables and dip, sliced fruit, soups.

Visit the Manitoba Health Food in Schools website:
www.gov.mb.ca/healthyschools/foodinschools
