

# Healthy Food In Schools

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES

## Fundraiser Lunch

Fundraiser lunches are organized regularly in schools throughout the province - some schools may have as many as 30-40 a year! For anyone who has planned or participated in a school wide fundraiser lunch, that's a lot of lunches!

These lunches offer busy parents a break from packing lunch as well as raising funds for the school. Fundraiser lunches are a fun activity for everyone involved and create a sense of community within a school.

### Lunch: Make it, or buy it?

Organizers must first decide whether to prepare food in the school or purchase food from an outside source. Time, facilities, food safety and volunteers are important factors to consider.

Look below to help you weigh your options:

Make It	Buy It
1. Has a potential for higher profit margin.	1. Profit margin is lower; however more lunch days may be possible increasing potential for overall profit.
2. Typically a lower cost to students.	2. Cost per lunch may be negotiable for larger numbers of lunches, or more frequent events.
3. Can help build a sense of community.	3. The lunch order supports the local business community.
4. Can be difficult to manage if volunteers are not available.	4. Fewer volunteers are needed.
5. Food safety can be compromised when volunteers are untrained or cooking facilities are insufficient.	5. Food safety would be more easily regulated.
6. School volunteers receive complaints as well as compliments.	6. Suggestions or complaints would go to the business instead of a school staff or volunteer.

Call toll free for assistance from the School Nutrition Support Team—1-888-547-0535

Visit our website: [www.gov.mb.ca/healthyschools/foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)

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Lunch: Choose nutritious!

Whether you have decided to prepare food on site or purchase from an outside source, it is essential nutritious food choices are a priority for the lunches offered at your school.

The suggestions below will help you on your way to a great fundraiser lunch!

## What's Cooking?

Chili  
Stew  
Soup  
Layered Salad [served in a cup]  
Pasta  
Kabobs  
Wraps  
Sandwiches  
Vegetable and Dip  
Coleslaw/Pasta Salad  
Whole Wheat Roll, Breadstick, Crackers  
Fruit  
Yogurt  
Muffin



## What's Coming?

If ordering pizza, choose whole wheat crust, vegetables and lean meats.

If ordering sub sandwiches, choose lean meats, plenty of vegetables and dressing on the side .

If ordering grocery store deli items, choose vegetable, egg, taco, pasta, bean or other grain salads; lean sliced deli meats like roast pork, beef, turkey or chicken; vegetables and dip; sliced fruit and soups.

Offer healthy, easy-to-eat side dishes: try bananas, easy peel orange, individually packed mini carrots, grapes, cheese or yogurt.

Offer water, milk or 100% fruit juice to drink.