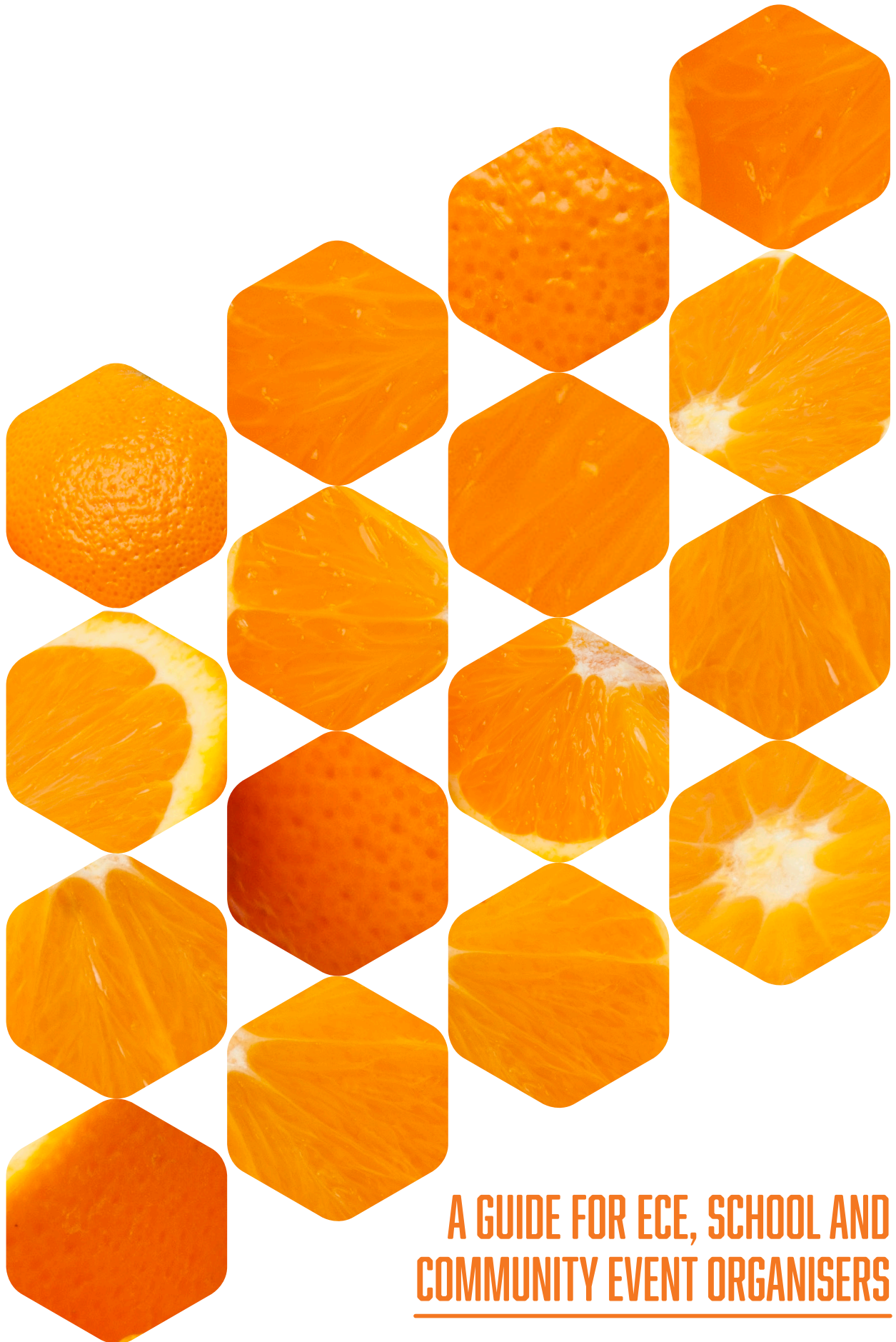


HEALTHY EVENTS & FUNDRAISERS



A GUIDE FOR ECE, SCHOOL AND
COMMUNITY EVENT ORGANISERS

CONTENTS

| | |
|---|----|
| Why is this important? | 1 |
| Tips | |
| For getting it right every time | 2 |
| For healthier food | 2 |
| Sample ECE/school food and nutrition policy | 3 |
| Rural Scholars Healthy Eating Journey | 4 |
| Sample event food policy | 5 |
| Food for events and fundraising | |
| BBQ Food | 6 |
| Phillipstown Hub's Community Festival | 7 |
| Drinks | 8 |
| How to have a healthier sausage sizzle | 9 |
| Ideas for prizes | 10 |
| Products to sell as fundraisers | 11 |
| Ideas for fundraising events | 12 |
| Websites with healthy recipe ideas | 13 |

WHY IS THIS IMPORTANT?

The health and wellbeing of our NZ children is precious – sadly, some statistics about our children's dental and general health don't make happy reading.

Look at the Health Statistics opposite:
The school and community environment in which children play, learn, and grow up has a huge influence over their lifestyle.

If we all create a healthy environment and all role model healthy eating and drinking, it will be much easier for children and their parents / whānau to make healthy choices.

However it's common to hear, "It's a treat; they don't get it all the time" to justify the candy floss and hot chips sold at community events. The facts below illustrate that these foods are being eaten at least weekly by almost half of all children (5-14 years):

- 48% have sweets
- 83% have crisps
- 45% have soft drinks
- 45% have sausages

Statistics from NZ Food NZ Children – Key results of the 2002 National Children's Nutrition Survey: www.health.govt.nz/system/files/documents/publications/nzfoodnzchildren.pdf



HEALTH STATUS

- 36% of all 5 year old children in South Canterbury (65% Māori, 73% Pacific) had either a decayed, missing or filled tooth.
- Nationally, 11% of children aged 2-14 years are obese, with a further 22% overweight.
- Children living in the most deprived areas are five times more likely to be obese compared with children living in the least deprived areas.

(Ministry of Health. 2015. Annual Update of Key Results 2014/15: New Zealand Health Survey. Wellington: Ministry of Health. www.health.govt.nz/publication/annual-update-key-results-2014-15-new-zealand-health-survey)

These foods, high in fat, sugar, and / or salt are not healthy and provide very little benefit to children. In fact they contribute to many diseases. With the rates of obesity, poor oral health and other related diseases high and on the rise in New Zealand we need to re-look at what we are feeding our children.

The Ministry of Health and Ministry of Education have both recommended schools have a water and milk-only policy.

Remember when you are planning your fundraiser, ECE/school dance or event, that selling fizzy drinks isn't a good idea. Have a look through the next few pages for lots of alternative ideas – the options are limitless.

TIPS

FOR GETTING IT RIGHT EVERY TIME

Avoid calling poor foods treats

This makes these foods (which are often less healthy) seem more desirable than others.

Rewards

Avoid using food as a reward. Ideas for non-food rewards include: balloons, stamps, stickers, bubble blowing kit for juniors, 15 minutes extra play time with a friend, choice of game for class to play, earn house points, and get out of 'clean up time'.

Role model

Don't forget that your ECE/school/ organisation is a role model for your community. Families are influenced by what you do, so show them how great healthy food and drinks can be.

Offer a variety of food choices

Just make sure they are all healthy. It can be difficult for a healthy food stall to compete if surrounded by unhealthy options.

Be consistent

There is little point promoting an event as healthy or teaching children about nutrition if you then provide them with unhealthy options. This causes confusion and conflicting messages. To support children and their families to make healthy changes, be consistent. Consider sponsorship carefully also; do you really want a junk food company to sponsor your fun run?

Have a food policy

This ensures everyone is following the same guidelines and reduces any confusion. See the following page for an example.



FOR HEALTHIER FOOD

Go for colour

Include vegetables and fruit wherever possible - your food will look more attractive.

Go for grains

Use wholemeal or wholegrain bread - they are more filling and usually cost the same as white bread. Try different types e.g. multigrain bread, rolls, pita pockets, wraps.

Check the spread

Use margarine instead of butter on bread, but do you really need it? If you have sauce or mayo you probably don't need any. You can also use other spreads such as pesto or hummus.

Don't over complicate

Keep things simple, choose a couple of foods that are healthy rather than lots of different foods. This way you can focus on producing a quality product that people will want.

Build on what you already do

See where you can make small changes to make your food healthier: add some more veggies or a side salad, switch to wholemeal bread, and only provide water and plain milk.

SAMPLE ECE/SCHOOL FOOD AND NUTRITION POLICY

OUR COMMITMENT

We will deliver clear and consistent messages about nutrition by:

Ensuring that any food provided by / through ECE/school (e.g. menu's, canteens, events, camps fundraisers, meetings) follows national food and nutrition guidelines.

- Foods provided will be based around the five main food groups: vegetables; fruit; wholegrain breads and cereals; low-fat milk and milk products; lean meat, poultry, seafood, eggs or alternatives
- Free water, plain milk, tea and coffee are the only beverages on offer
- Foods high in fat, sugar and / or salt are not available, such as:
 - Deep fried foods e.g. hot dogs, chips, battered food
 - Confectionery e.g. lollies

We will create an enabling environment by:

- Actively discouraging sugary drinks being brought to ECE/school
- Not associating our ECE/school with programmes or sponsors that promote foods / drinks high in fat, sugar, and / or salt
- Ensuring staff members are committed to modeling healthy food and drink choices



We will ensure our students, parents and ECE/school community receive clear, consistent messages about the importance of healthy choices by:

- Incorporating nutrition education across the curriculum including the health programme
- Communicating our nutrition messages to the wider ECE/school community in various ways including the newsletter, website, Facebook page and enrollment packs
- Acknowledging the cultural diversity of our community with our nutrition messages
- Actively promoting physical activity as the partner of good nutrition

RURAL SCHOLARS HEALTHY EATING JOURNEY

Healthy living has always been a big topic in Rural Scholars preschool, particularly with our older children going off to school and new children and whānau coming in. “We were thinking about how we could ensure our key healthy eating messages were integrated into our everyday practices” said Kourtney Rogers, teacher at Rural Scholars. “Attending healthy eating workshops from WAVE helped start us off. We also entered the national 5+ A Day Challenge in 2015 and were really excited when we won the major national prize out of over 100 other entries”. The Challenge involved sharing ways they had encouraged more fruit and vegetable options with the children and shared ideas with whānau. Rural Scholars also made a video which highlighted the various ways they promoted 5+ A Day in their preschool. As the overall winner they were delighted to receive a Bosch appliance pack, including an oven, refrigerator and dishwasher worth \$5000.

The fruitful gardens are an asset that enables embedding healthy eating into Rural Scholars. The gardens allow children to be involved with growing, nurturing, and harvesting of produce, and in recognising that we are all responsible for our environment. Children are very keen to share their hard work in the garden with whānau.

The resident chickens benefit from all the scrap fruit and vegetables. This supports the reducing, recycling and re-using programme with children. Children also learn about caring for and nurturing all sorts of animals. “Our chickens reward us with free range eggs to use in our cooking and baking. We enjoy being creative with recipes and in the ways to cook our various fruits and vegetables” said Kourtney.

“We use every possible opportunity to share healthy kai with our families and whānau from making omelettes from our free range eggs and garden vegetables to our end of year hangi” said Paula Rogers, Manager. Parents offer to contribute towards the hangi by donating potatoes, vegetables and meat from their gardens and farms. Each year a team of fathers offer to put down the hangi. When it is lifted children, whānau and teachers celebrate the commitment everyone has towards seeing healthy foods are within reach for all.

Kourtney Rogers
Teacher
Rural Scholars, Waimate



SAMPLE EVENT FOOD POLICY

OUR COMMITMENT

We will provide food that is based around the five main food groups:

- Vegetables
- Fruit
- Breads and cereals (whole grain)
- Milk and milk products (low-fat)
- Lean meat, poultry, seafood, eggs, or alternatives.

We will ensure that:

- Free water, plain milk (tea and coffee) are the only beverages on offer.
- Portion sizes are limited
- Minimal salt is used
- Culturally appropriate foods are available

Foods / drinks high in fat, sugar, and / or salt will not be used as giveaways / prizes (e.g. lollipops, chocolates).

Foods high in fat, sugar and / or salt will not be available, such as:

- Deep fried foods e.g. hot dogs, chips, battered food
- Confectionery e.g. lollies
- Biscuits

Having a food policy is important for our events to maintain consistency and sustainability into the future. The aim of this policy is to provide concrete strategies that will ensure our event provides a supportive environment that promotes healthy eating habits, supports family / whānau values, and protects the future health of our community.



FOOD FOR EVENTS AND FUNDRAISING

Hangi / Umu – make sure there are lots of vegetables, and cut the fat and skin off meat.

Boil up – take off visible fat and add lots of veggies.

Rewana bread – use low fat spread.

Plain popcorn – don't add salt, butter or sugar.

Fruit salad cups or kebabs – in the summer try frozen fruit kebabs.

Watermelon and pineapple wedges – looks flashy, tastes great, and super cheap.

Filled rolls – set up a 'subway' line, use wholegrain rolls and lots of salad ingredients.

Toasted sandwiches – low-fat fillings such as baked beans, spaghetti, tomato, onion, pineapple and Edam cheese.

Baked beans in a cup

Baked potatoes – with coleslaw, baked beans, Edam cheese, reduced-fat sour cream etc.

Sushi stall / sandwich bar

Healthy Pacific cooking–

http://www.heartfoundation.org.nz/shop/product_view/23957 - Download 'Pasifika Flavours Cookbook'

Home-made pizzas – cut into slices, or use split English muffins or pita breads as the base, add veggie toppings and cheese.

Pumpkin or vegetable soup – with a wholemeal bread roll.

Roti / naan bread parcels

Burritos / tortillas / tacos – with low-fat dressings.

Fried rice, chop suey, vegetable curry



BBQ FOOD

Mix cubes of meat with cut veggies, or do all veggies – fruit also works well.

Veggie ideas:

- Corn on the cob
- Courgette
- Capsicum
- Cherry tomatoes
- Cauliflower / broccoli florets
- Thin celery slices
- Mushrooms

Fruit ideas:

- Pineapple
- Kiwifruit
- Stone fruits

PHILLIPSTOWN HUB'S COMMUNITY FESTIVAL

In March 2016, the Phillipstown Hub held a community festival. In previous years the food options had involved foods such as candy floss and sausages. During planning for the 2016 event, the idea of having a focus on healthy eating was discussed. At the initial meeting, there was a bit of resistance as most people seemed to think this was something that was being forced on them and they were worried about cost.

After further discussions it was decided that cost effective and 'yummy' ideas were to be looked into. A compromise was decided in the end: fresh corn, water melon, and pineapple along with the donated sausages and pizza from Romano's.

The corn, melon, and pineapple were positioned as the first thing that people saw when they came into the food area. The corn, melon and pineapple turned out to be very

popular. People were returning time and again to the fruit stall, and it was noticed that the line for the sausages was quite short, whereas previously the sausages had been the food item that people headed for first. This time it seemed that the corn and fruit were the main items.

Quotes from the day

"I love watermelon", "Can I take a couple of pieces? This pineapple is delicious", "So lovely to have corn", "There you go kids, these are the treats"...

No one made any negative comments and people kept commenting on how great it was that the corn and fruit were so popular. "It was seen as a real success having the fresh food. I think people will be increasingly open to the idea now that they have seen people are grateful for yummy fresh food that they may not usually purchase for themselves."

Lauren Luketina, Phillipstown Hub Coordinator
(March 2016)



FOOD FOR EVENTS AND FUNDRAISING (CONTINUED)

Corn on the cob – great on the BBQ or you can cook them in the microwave, or boil / steam them on the stove top.

Egg sliders – fry an egg on the BBQ, place in an unbuttered wholemeal bun, add some salad ingredients – easy as!

Homemade burgers or steak sandwiches

- Add lots of salad ingredients such as: cooked onions, coleslaw or salad ingredients (lettuce, tomato, beetroot, grated cheese)
- Use unbuttered wholemeal bread / rolls
- Use reduced sugar / salt sauce
- Use meat without visible fat

Sausage sizzles – check out the following page.



DRINKS

Cold or hot water – jugs of tap water with lemon and mint.

Coffee – use plain milk (preferably low-fat), don't add sugar.

Tea – have a selection of herbal and regular tea.

Fruit smoothies – use plain milk with fruit. Frozen bananas work well – also check out the ICECycles smoothie bike!

Message them at:
www.facebook.com/icecycleschch

HOW TO HAVE A HEALTHIER SAUSAGE SIZZLE



Choose lean varieties

Check out the food labels per 100g or choose a thinner variety e.g. a chipolata.



Prick and boil before cooking

This helps get rid of some of the fat as it leaks out into the boiling water.



Limit added fat

Sausages can cook easily without any added fat.



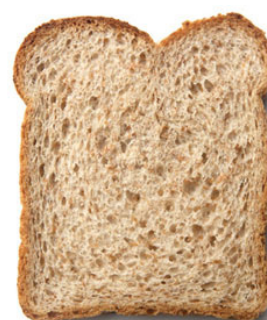
Soak up excess fat

By draining sausages on absorbent paper towels after cooking.



Slice your cooked low-fat sausage lengthways

With all the veggies you're about to add the sausage can be split into two!



Add some fibre

Wrap your sausage in wholegrain or wholemeal bread. Grainy bread contains more fibre to fill people up.



Add some veggies...

The more the better - try grated carrot, diced tomato, beetroot, or how about some coleslaw?



Keep it low-salt / low-sugar

Standard tomato sauce is high in salt (sodium) and sugar. Look for low-salt / low-sugar varieties.



Waimate Main School

We had a healthy sausage sizzle for the students, using wholemeal bread with coleslaw. There was no fuss, the students enjoyed it, and it was a great day.



IDEAS FOR PRIZES

- Bouncy balls / stress balls
- Stickers / stamps
- Place ribbons / rosettes
- Bubble blowing kit
- Balloons
- Colourful shoe laces
- Sports gear – e.g. skipping rope, netball, soccer ball
- Knickknacks from \$2 shop



Avoid giving children unhealthy food or drinks such as a handful of lollies or a chocolate bar.

Lollies and chocolate are high in fat and sugar, contribute to diseases, and provide very little benefit to children.

PRODUCTS TO SELL AS FUNDRAISERS

Make calendars, diaries, notepads, and computer mouse pads with children's artwork.

- www.abacus.co.nz
- www.fundraisingforschools.co.nz

Disaster plasters, first aid kits or tooth brushing kits.

- www.schoolaid.co.nz
- www.firstaidfundraising.co.nz

Design tea towels or calico bags using children's art.

- www.teatowels.co.nz/teatowels.co.nz

Glowsticks for your disco fundraiser.

- www.glowsticksltd.co.nz/fundraising.php?gclid=ClOpmtzu9LECFaRMpgodp0QA7A

Sell eco friendly soap.

- www.ecostore.co.nz/pages/soap-fundraising-order-form

Sell food bowls, food wrap, roll-foil and baking paper.

- www.fundraiseplus.co.nz

Sell spring bulbs, lilies, seeds.

- www.gardenpost.co.nz/catalogues-and-newsletters
- www.kingsseeds.co.nz

Water bottles - design your own label to go on them.

- www.purewai.co.nz/index.php
- www.customwater.co.nz

Children's name labels.

- www.stuckonyou.co.nz
- www.nameit.co.nz

Poppa's chalk

- www.poppaschalk.co.nz

Books

- hold a Book sale

Cancer Society sunscreen

- canterbury-west-coast.cancernz.org.nz/en/products/schools-and-daycare



IDEAS FOR FUNDRAISING EVENTS

- Hold a hangi – a great way to engage with parents and the community; kai cookers are an easier option.
- A sponsored walk / run / skip / trike / bikeathon
- A sponsored 'shoot-out' - number of goals, kicks, hoops etc
- Disco / dance
- Quiz night
- Talent quest / battle of the bands
- Treasure hunt
- Garden tour
- Mystery auction (art, services)
- Car boot sale
- Car wash
- Mufti day
- Movie night



OTHER IDEAS

- Raffle - choose healthy prizes
- Sell surplus produce, seedlings from your edible garden
- Make up and sell garden notices (names of herbs or 'Grandma's Garden', 'Pop's veggies to share')
- Healthy kai cookbook
- Raise money for a project online
 - www.givealittle.co.nz
- Entertainment books
 - www.entertainmentbook.co.nz



For even more, check out the Heart Foundation ideas here:
www.fuelled4life.org.nz/resources – Download 'Healthy Fundraising Ideas'

WEBSITES WITH HEALTHY RECIPE IDEAS

My Family Food
Vegetables NZ
5+ A Day
Potatoes NZ
Fuelled 4 Life

www.myfamily.kiwi/foods
www.vegetables.co.nz
www.5aday.co.nz
www.potatoes.co.nz
www.fuelled4life.org.nz



If you would like further assistance with healthy events and fundraisers, please contact:

Community and Public Health
18 Woollcombe Street
PO Box 510
Timaru
ph (03) 687 2600

www.wavesouthcanterbury.co.nz

Educational websites:

- health.tki.org.nz/Key-collections/Healthy-lifestyles/Food-and-nutrition-for-healthy-confident-kids
- www.education.govt.nz/ministry-of-education/specific-initiatives/health-and-safety/health-and-wellbeing-programmes/why-promote-healthy-lifestyles

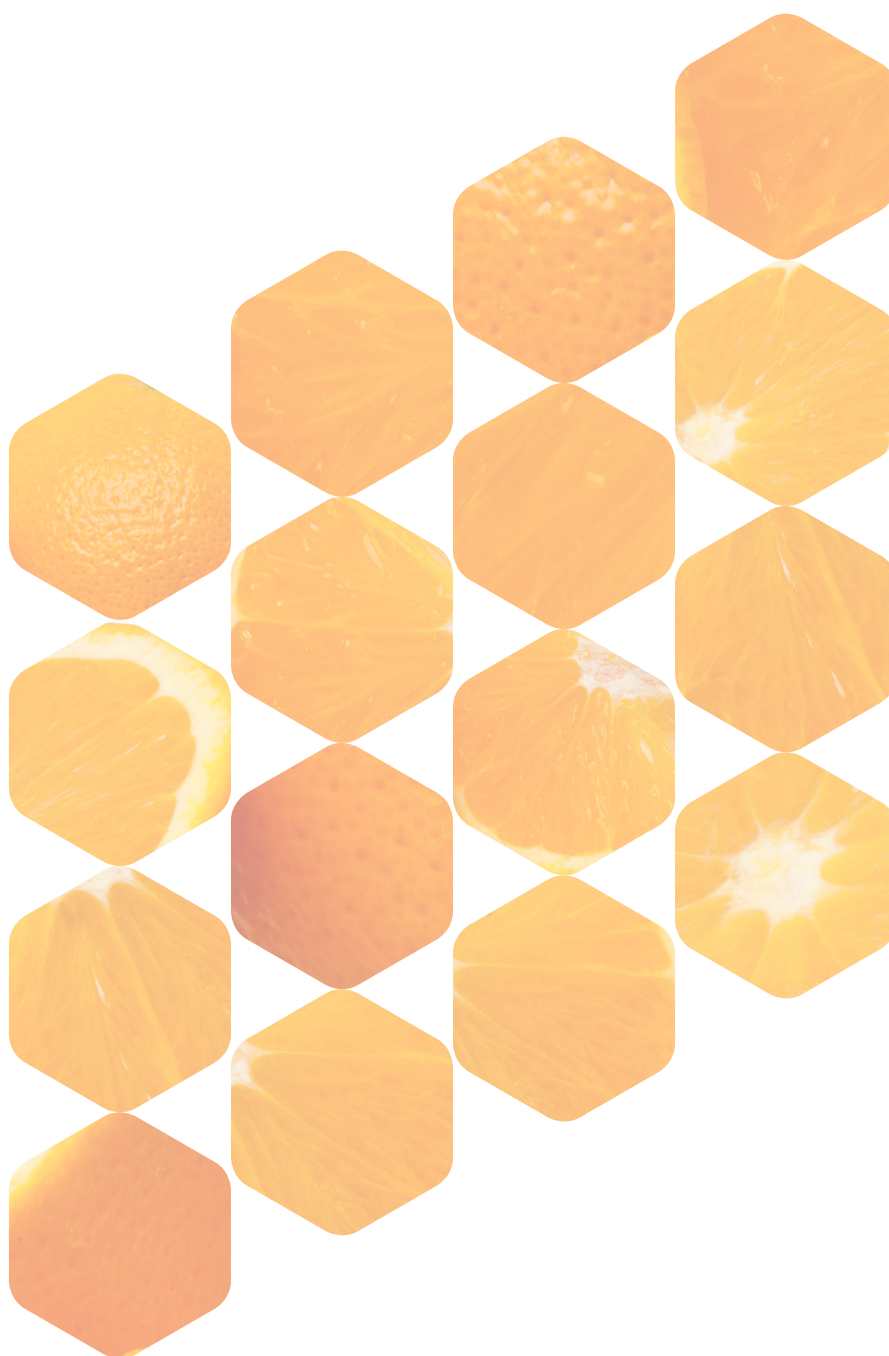
Free posters and pamphlets are also available to order from:

- www.cph.co.nz/order-resources

Other healthy eating related information is available at:

- www.cph.co.nz/your-health/nutrition

Canterbury
District Health Board
Te Poari Hauora ō Waitaha



HEALTHY EVENTS & FUNDRAISERS

A guide for school and community event organisers