



## HEALTHY FOOD FUNDRAISERS CHECKLIST

This alignment focus area, “healthy food fundraisers” is difficult to address, with significant conflicting issues. Historical experience, although existing, is not common and has not been simple and easy. Current issues of economics and the necessity of raising funds conflict with the seriousness of the growing obesity and chronic disease trends. Much more dialogue and innovative trials are needed ... this is an adventure that we must embark on.

Although not easy to arrange, food fundraisers are very significant to the issue of nutrition integrity and aligning our actions with our words. We cannot, in all good conscience, teach nutrition and health and then go out and sell high fat, salt and sugar foods ... the integrity of our educational efforts and the long-term consequences of our role-modeling must be considered.

**First and foremost when planning a fundraiser, consider all the options ... food fundraisers are not the only options. Convene a planning group to dialogue the issues and options. Service for money projects, craft fairs, fun fairs, entertainment events, sports events, celebrity events, etc. have been successful fundraisers.**

When a food fundraiser is decided upon, consider the following ...

- **Organizers learn about requirements and obtain applicable permits, licenses, certifications, training, etc.**

Inquire with appropriate federal, state and local governmental agencies and with previous fundraiser groups. Especially important to food fundraisers are the food safety requirements ... check with the local health department.

Resource: Safe Food Handling Reminders (3).

<http://www.hawaii.edu/foodskills/Pamphlets/SafeFoodFNL-3.pdf>

- **Addresses the Dietary Guidelines**

Does the food fundraiser address at least two Dietary Guidelines principles?

The ABC's of the Dietary Guidelines are ...

A – Aim for Fitness by aiming for a healthy weight and being physically active each day.

B – Build a healthy base by letting the Pyramid guide your food choices, choosing a variety of grains daily, especially whole grains, choosing a variety of fruits and vegetables daily and keeping food safe to eat.

C – Choose Sensibly by choosing a diet that is low in saturated fat and cholesterol and moderate in total fat, choosing beverages and foods to moderate your intake of sugars, choosing and preparing foods with less salt and if you drink alcoholic beverages, do so in moderation.

Resources: Food Education - Dietary Guidelines.

<http://www.hawaii.edu/foodskills/dietary.htm>

### ➤ **Represents the Food Guide Pyramid**

Does the food fundraiser represent, at a minimum, the Food Guide Pyramid's basic guideline of proportion?

The Food Guide Pyramid is a nutrition education tool that translates the Dietary Guideline's nutrition recommendations into the kinds of foods to eat each day. It is not a rigid prescription but a general guide that helps you choose foods to eat.

*“Build From The Bottom” with the Food Guide Pyramid:*

*Variety: Get the nutrients your body needs to be healthy by eating many different kinds of foods. Also, drink water, the liquid your body needs.*

*Proportion: Stay healthy by eating more foods from the bottom two levels of the pyramid: grains, fruits and vegetables --- and fewer foods from the top level: fats, salt and sugars.*

*Moderation: Reduce your risk of chronic diseases by limiting the amounts of foods you eat that are high in fats, sugars, and salt.*

*Whole Foods: Choose foods in their natural, unprocessed form when possible. For example, fresh apples are the ‘whole’ form nature gave us. Applesauce and apple juice are more processed. Flavored apple products may contain no real apples.*

Resources: Food Education – Food Guide Pyramid.

<http://www.hawaii.edu/foodskills/foodpyrclip.htm>

➤ **Practices safe food handling during the fundraiser including food handler hygiene**

Does the food fundraiser practice safe food handling? Clean is the key; wash hands and surfaces often. Serve safely and keep hot foods hot and cold foods cold. Keep vermin out of foods ... flies, ants, roaches and other critters.

Resources: Safe Food Handling Reminders (3).

<http://www.hawaii.edu/foodskills/Pamphlets/SafeFoodFNL-3.pdf>

➤ **Includes information for safe food handling of the food by the customer after the purchase**

The food items sold need to have safe food handling suggestions/reminders for the customer ... the how to handle after the purchase. Include keeping the food safely hot or cold ... example: a “keep refrigerated” sticker on the food product.

Resources: Lifeskills in Food Education – Projects – EFNEP – Lesson Packages – Safe Food Handling.

<http://www.hawaii.edu/foodskills/Pamphlets/SafeFoodFNL-3.pdf>

➤ **Considers food-related “non-food” options: healthy recipe booklets, kitchen utensils, gift packages of ingredients with recipes, food magnets, table setting crafts, etc.**

These have been successful fundraisers taking time, effort and creative innovation on the part of the organizers.

➤ **Is representative of the healthy contributions of the cultural heritages of the people of Hawaii**

Fried and/or high fat donuts, cakes, and candies were not the mainstay of civilizations. Selling tickets for foods representative of the foods that made those cultures able to achieve and progress would offer opportunities to share and learn about each others' food ways.



➤ **Lists ingredients and nutrient content**

It is a requirement for those foods sold across states and countries. Although not required for foods produced and sold only in Hawaii, listing the food ingredients is a customer service.

Does the food include nutrient content information? Nutrient information can be in a format similar to the nutrition label found of food products. At a minimum, list the total calories, fat, sodium and sugar content for a stated serving size.

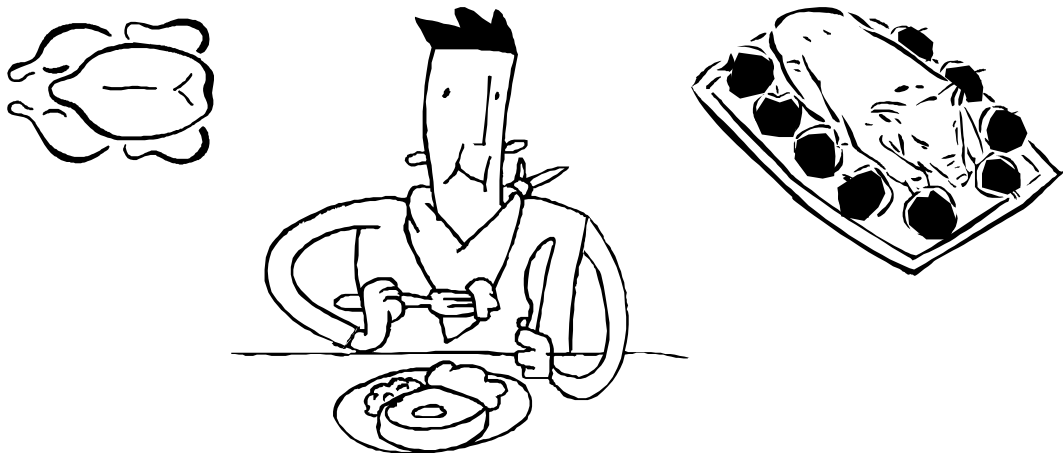
References: Food Education – Food and Nutrition Gateways – Tufts Nutrition Navigator –search words “food composition”. <http://navigator.tufts.edu/>

➤ **Gives background including food source, ethnic origins, and historical facts**

Is information regarding food sources (not the fund-raising organization), ethnic origin, historical and current uses, etc. given? For example: “What are the origins and word meanings of huli-huli chicken and kalua pig?”

➤ **Includes options and choices for use of the food**

Giving options and choices for the use of the food being sold is a customer service. For example: recipe suggestions on how to include in healthy menu for huli-huli chicken and kalua pig.



Use the checklist below for planning your next food fundraisers. Use as a starting point for dialogue. Take notes for sharing and for future events.



## HEALTHY FOOD FUNDRAISERS CHECKLIST

- When planning food fundraisers, the project ...
- Organizers learn about requirements and obtain applicable permits, licenses, certifications, training, etc.
- Addresses the Dietary Guidelines
- Represents the Food Guide Pyramid
- Practices safe food handling during the fundraiser including food handler hygiene
- Includes information for safe food handling of the food by the customer after the purchase
- Considers food-related “non-food” options: healthy recipe booklets, kitchen utensils, gift packages of ingredients with recipes, food magnets, table setting crafts, etc.
- Is representative of the healthy contributions of the cultural heritages of the people of Hawaii
- Lists ingredients and nutrient content
- Gives background including food source, ethnic origins, and historical facts
- Includes options and choices for use of the food