



Sales

- In lieu of sending Christmas gifts to teachers, ask parents to donate to your school's NFL program online at www.nutritionforlearning.ca/donations or your school's fundraising portal
 - For your school's unique fundraising link, please contact Kelsey (ksimpson@nutritionforlearning.ca)
- September: Sales of Ontario produce with Farm to Table - <http://fromfarmtotable.ca/fundraising/>
 - Orders must be submitted by October 15, 2018. Deliveries take place November through to mid-December.
- Wreath and wintergreens sales - <http://www.colourparadise.com/fundraisers.php>
- Putting student artwork onto stationary and sell it
- Assemble a healthy pancake mix in a nice jar and sell it
- Pizza day
- TCBY sales
- Freezie sales
- Smoothie sales
- Soup sales (among staff)
- Shrove Tuesday pancake sale
- Food truck event in the school parking lot
- BBQ
 - Eg: Anti-Bullying Week BBQ

Engaging the community

- Have students write persuasive letters to local businesses for financial or in-kind support
- Approach local businesses to sponsor the program monthly (a renewable commitment as opposed to a one-time donation)
- Toonie drive
- Have a donation box in the school office or in the community. Boxes are available by contacting Kelsey (ksimpson@nutritionforlearning.ca).
- Send a donation request letter out to parents (available on manual.nutritionforlearning.ca)
- Apply to foundations/social organizations for grants (like the Rotary Club, Metro Green Apple Grant)
- Team up with a neighbouring church: share your school's story, ask if their congregation would be willing to support you with volunteers/in-kind donations/financial contributions
- Find a community sponsor (like a local business) who could match fundraising efforts that the school makes, or ask if they could fundraise on your behalf (like hold a golf tournament)
 - Advertise on the school sign that the school is looking for sponsors/partners to support the student nutrition program
- Ask a community member/business to donate an item that can then be raffled off at the school (for instance, a new bike)
- Hold a food drive for the program: ask the community for certain items the program uses

- Ask for sponsorship from a local team (for instance: hockey team)
- Ask for sponsorship from a local Home Hardware (they've done a campaign called "donate a plate" where Home Hardware matched the funds raised by the school)
- Idea for high schools: partner with their contracted cafeteria provider (for donations)

Fun school events

- Movie night
- School dance
- Talent show
- Air band competition
- Students can pay \$2 to get out of class for an afternoon and watch a movie in the gym with popcorn
- "Bubbles for Bellies" = pay \$2 to be able to chew bubble gum in class for an hour
- Student vs. Teacher sporting event or something similar
- Home room challenge
- Play an annoying song on the school PA system that won't stop playing until a big jar is filled with money
- Technology day – use phones in class
- Pumpkin auction: ask for a donation of pumpkins from a local farm. Have all the school classrooms decorate a pumpkin and then raffle them off within classroom. Tickets for the raffle could range from 25 cents to 2 dollars. You can display all of the dressed-up pumpkins somewhere in the school before they go home to the winning families.
- Carnival/fun fair

School "Spirit Days"

- Casual Friday among staff
- Pajama day
- Hat day
- Twin day (wear matching outfits with your friends!)
- Uniform-free day
- Jersey Day

Events outside of the school

- Outside of the school community, engage with social circles that you already belong to. Pick a night at your book club/friends get-together/wine and cheese party/girls night/sports night to talk about the student nutrition program and ask for a small donation.
- Host a dinner party, or any kind of party, and ask for a five-dollar donation from everyone. Or instead of a hostess gift from your guests, ask for a donation to your student nutrition program.

The Blender Bike

Bringing Nutrition for Learning's Blender Bike to your event increases both fun and participation! The Blender Bike puts people in an open, joyous, and receptive state, where they are ready to interact and learn. It's green energy in action!

Nutrition for Learning's *Blender Bike* is a great way for people to use their own muscle power to instantly achieve a delightful and memorable result.

You can go green at your event, reduce your carbon footprint and inspire people by renting our pedal-powered Blender Bike. This distinctive addition to any event will attract your attendees and give them a unique experience that they will never forget.

We rent our Nutrition for Learning *Blender Bike* for \$250 per event day with a small delivery/set-up charge based on location. Each rental includes a commercial-grade, NSF-rated 48oz blender pitcher, the same kind that is used in smoothie shops.



Ideas for Charity Events

Simply charge a small fee for making a fantastic pedal blended fresh fruit smoothie. People are sure to be queuing around the block for a turn to make their own smoothie – especially on a hot day when fresh fruit refreshment is particularly sought after.

Why not have a celebrity ride the bike and have people pay the charity to see them pedal a smoothie just for them!

Ideas for Business Events

Great for Staff Health & Well-being days!

At a trade show, be sure to bring Nutrition for Learning's Blender Bike. With no external power source needed (as the fruit is blended under pedal power) you can offer hydrating and nourishing refreshments to

participants which are sure to be in high demand and attention grabbing.

FOR MORE INFORMATION CONTACT:

Brian Banks at 519-624-5744 extension 225 or email bbanks@nutritionforlearning.ca

