

# Making a Healthy Profit

Make sure your fundraiser keeps health in mind!

## Better Snacks

Read the label-better snacks would have:

- Less than 250 calories or less per package
- No more than 35% of calories from fat (with the exception of nuts and seeds)
- No more than 35% of the total weight from sugar or caloric sweeteners
- Not more than 360 mg of sodium per package

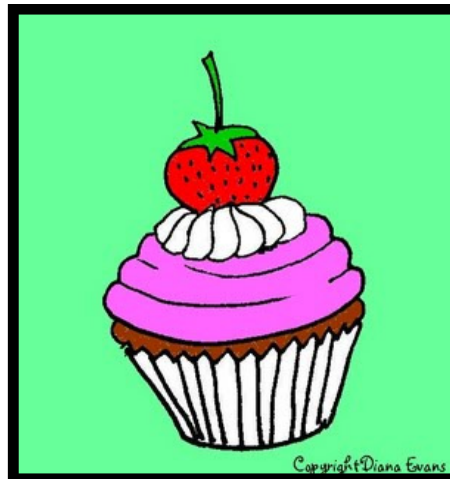
## Tips to make bake sale items healthier:

- Always use skim milk
- Use reduced fat/fat free items
- Add powdered sugar instead of frosting
- Use egg whites or an egg substitute
- Use applesauce, fat-free sour cream or low-fat yogurt instead of butter

## Bake Sale Savvy

Bake Sales are a common way to raise money for various school organizations. It is important to follow some simple guidelines to ensure that the food prepared and offered to the public is safe.

- Individually wrap each item for sale in clear plastic wrap.
- Provide a list of ingredients used in your recipe, this is important for people with food allergies.
- Wash your hands before working the bake sale.
- Wear gloves if you will be handling the food.
- Make sure table and utensils are clean.
- Make sure to not over cook, lower fat baked items tend to dry out faster



### What foods could be sold:

- Breads
- Cookies
- Cakes
- Candies
- Muffins
- Popcorn Balls
- Brownies & Bars
- Breakfast Rolls
- Fruit Pies that do not have to be refrigerated
- Cupcakes without cream frosting or filling

### What foods should NOT be sold:

- Pumpkin, sweet potato or other custard pies
- Cream filled cupcakes or donuts
- Cakes or cupcakes with cream cheese frosting
- Cheesecake
- Meringue Pies

## “Healthy” Fundraisers

### Try Some Non-Food Ideas

- Walk-a-thons
- Fun Runs
- Book Fairs
- School Promotion Items Sales
- Gift Wrap Sales
- Auctions
- Donations
- Recycling Fundraisers
- Car Washes
- Cook Book Sales
- Craft Sales