



A Guide for Nova Scotia Public Schools

Fundraising with Healthy Food and Beverages



**Education
Health Promotion
and Protection**



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Please note that the listing of products and companies is in no way intended as an endorsement. The Department of Education and the Department of Health Promotion and Protection do not guarantee any specific profit margins for fundraisers using the food and beverage items listed within.

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School Fundraising with Food and Beverages

Fundraising is a broad term that includes a wide variety of activities that students, parents/guardians, teachers, and others participate in to raise funds for schools or other agencies. Fundraising makes an important contribution to the overall school experience and can help to enrich learning opportunities for students.

Many traditional fundraising activities rely on the sale of food and beverages high in calories, sugar, and fat and low in nutrients—particularly chocolate, cookies, and pop. This practice sends confusing messages, such as when athletic programs, which promote physical activity, sell nutritionally poor items as a means of support. Fundraising that involves selling less nutritious items can also send the message that schools are more concerned about making money than helping students to maintain healthy habits.

Fundraising can be complementary to the health of students and the community that supports them when non-food and healthy food and beverage options are chosen. Fundraising with non-food or healthy food and beverage items provides another opportunity to support nutrition messages taught in the classroom, home, and broader community. It also provides the opportunity for schools to show their commitment to promoting healthy living while addressing their financial needs.

Many Nova Scotia schools have demonstrated that they can raise money and promote healthy options at the same time. Their creative ideas and fundraising success stories using healthy food and beverages are featured within the pages of this guide.

Food and Nutrition Policy for Nova Scotia Public Schools

Healthy foods are important during the school age years for growth, learning, physical activity, and overall health. It follows that the food and beverages served and sold in schools should primarily be for the purposes of nourishment rather than for revenue generation.

The *Food and Nutrition Policy for Nova Scotia Public Schools* is based on *Canada's Food Guide to Healthy Eating* and describes standards for all food and beverages served and sold in schools. In addition, it promotes nutrition education in the curriculum, encourages community partnerships, and provides a supportive environment for healthy food and beverage decisions.

Because food and beverages are so commonly and frequently used for school fundraising, the policy addresses fundraising as one of its twelve directives. Policy Directive 5.1 states: Fundraising with food and beverages organized by and through schools will centre only on items of Maximum or Moderate Nutrition (i.e., healthy items). Directive 5.1 is in effect beginning September 2007. This includes all school fundraising activities (e.g., campaigns, canteens, vending machines, and sales during the day, after school, and evenings).

The *Food and Nutrition Policy for Nova Scotia Public Schools* will be phased-in over three years beginning in 2006 – 07. Fundraisers held during the defined school day have to comply with the policy directives already in place (e.g., effective January 2007, schools will no longer serve or sell Baked Goods, Snacks or Processed Foods, Beverages, and Frozen Novelties from the Minimum Nutrition list). For more information, please refer to a school copy of the policy or visit www.ednet.ns.ca to view the policy on-line.

Introduction

The “school day” is defined as any day other than a Saturday, Sunday, or statutory holiday within the school year. It refers to the time when students arrive at school to the time they leave at the end of the day. The policy is also in effect during after school and evening programs for students provided by the school. Schools are also encouraged to apply the policy during weekends for consistency and role-modeling purposes.

Purpose of the Guide

Most schools participate in fundraising activities. There are countless non-food products, services, and ideas for school fundraising. Food should be used primarily for nourishment. To ensure that the over consumption of food is not unintentionally promoted schools are strongly encouraged to participate in non-food fundraisers that include products, services, and promotion of humanitarian efforts or environmental health.

Schools are strongly encouraged to participate in non-food fundraisers!

However, for schools that decide to use food and beverages for fundraising, this guide will help provide information and ideas that support the *Food and Nutrition Policy for Nova Scotia Public Schools* and the Food and Beverage Standards for Nova Scotia Public Schools.

The purpose of *Fundraising with Healthy Food and Beverages: a Guide for Nova Scotia Public Schools* is to

- help schools put the *Food and Nutrition Policy for Nova Scotia Public Schools* into action
- help with decisions related to the kinds of food and beverages chosen for fundraisers
- provide information, ideas, and links to resources to help make school food and beverage fundraising activities more health-oriented
- promote consistent health and nutrition messages to students
- feature and support local companies, producers, and suppliers of health-promoting food and beverage items

Structure of the Guide

One of the biggest challenges with school fundraising activities has been finding innovative products and ideas that will generate interest among the consumers and result in an acceptable profit for the school.

Unfortunately, there does not seem to be ‘one’ item guaranteed to generate the desired amount of profit. The success of fundraisers depends on a variety of factors including how they are organized, advertised, and promoted. Often some trial and error is necessary before finding something that suits the school community. This guide has attempted to make the task easier by including a list of helpful tips to consider before beginning fundraisers, in addition to providing ideas and resources.

The guide is arranged in five sections:

- 1. General Tips and Advice for Fundraising**
Includes considerations and questions to ask when choosing a school fundraiser
- 2. Healthy Food and Beverages of Maximum and Moderate Nutrition**
Includes a list of suggestions for fundraising with food and beverages of Maximum and Moderate Nutrition; Success stories from around Nova Scotia are featured
- 3. Ideas for Fundraising with Healthy Food and Beverages**
Includes fundraising activities featuring healthy food and beverages
- 4. Fundraising Companies**
Provides a listing of fundraising companies, their products, and contact information
- 5. Websites and Resources**
Provides additional information, local contacts to organizations, and links to resources

The food and beverage suggestions and ideas included in the guide are consistent with the *Food and Nutrition Policy for Nova Scotia Public Schools*. For the fundraising companies listed, it is important to note that many feature additional items that do not comply with the policy.

We would be very pleased to learn about other successful fundraising ideas and products that focus on healthy food and beverages, so that they might be included in an online update of the guide. Please send ideas, stories and suggestions to:

School Nutritionist
Nova Scotia Department of Health Promotion and Protection
Phone: (902) 424-4807 or 1-866-231-3882 (toll free)
Fax: (902) 424-4716
Email: healthpromotion@gov.ns.ca



Section 1

Section 1

GENERAL TIPS AND ADVICE FOR FUNDRAISING

This section provides general tips and considerations for planning school fundraisers, including questions to ask when choosing particular items or suppliers. Appendix B contains a worksheet to help schools gather information from potential suppliers of healthy food and beverages.

Sharing suggestions and ideas among schools and regions can be valuable. Below are suggestions for organizing fundraisers. These have been compiled from various documents across Canada.

Form a fundraising committee

- Involve the whole school community in the activities, including school staff, teachers, parents, and students.
- Share the workload; don't expect the same person to take the lead every year.
- Have fun! It will help keep the creative juices flowing.

Plan the budget

- Many fundraisers require products be purchased in advance.
- Schools with limited budgets may want to try pre-sale fundraisers; orders are placed in advance so schools purchase only what is sold.

Conduct a survey

- Find out what kinds of items students/parents are interested in selling and the community is interested in supporting.

Market the event, product, or service

- Use eye-catching ads in the school and surrounding community.
- Advertise in the school newsletter, community events calendars, school website, community buildings, local paper, and radio.
- Take pictures during the fundraising event and use them the next year to show what was done.

Ask for donations from the community

- Consider donations of advertising, location, space, and delivery services.

Let people know the goal of fundraising

- E.g., support for school programs, team uniforms, trips, equipment
- People may contribute more willingly when they know where their money is going, how their contribution may help, and what kind of success the campaign has had in the past.

Ensure prices are comparable to store prices, but high enough to earn a reasonable profit for the effort undertaken.

Sell quality products: the school's reputation is on the line.

- It will make future campaigns more successful if supporters have a good experience with the item being purchased.

Recognize volunteers

- Make sure that they have fun and they have what they need.
- Thank them publicly or send a note of thanks.

Help parents and the community understand that the school supports healthy eating

- Refer to the *Food and Nutrition Policy for Nova Scotia Public Schools* and highlight positive changes made to school food and beverages in all aspects.

Work with local suppliers, whenever possible

- Refer to the Websites and Resources Section of the guide for a link to an on-line directory of Nova Scotia food/beverage growers, suppliers and companies.

Refer to Websites and Resources Sections of the guide, for information related to running a successful fundraising campaign.

Choosing Fundraisers for Schools

Below are some key questions to ask when deciding whether a new fundraising idea will meet school needs.

Ask:

- Why does the school sell food for fundraising? To supplement the nutritional intake of students? Support extra-curricular activities, academics, or equipment?
- Are all students able to participate in fundraisers? Is there a fee charged/ donation required for all events and activities?
- What food-related fundraising activities are currently in use (e.g., daily canteen sales, bake sales, campaigns)? What has to change in order to fit with the *Food and Nutrition Policy for Nova Scotia Public Schools*?
- Have non-food fundraising alternatives been explored?
- Do the food and beverages chosen fit with the *Food and Nutrition Policy for Nova Scotia Public Schools*?
- Are fundraising activities coordinated within the school?

If schools have decided to use food and beverages to fundraise, some important things to know from the supplier include the following:

- Contact information, websites and e-mail addresses
- List of healthy products that fit with the *Food and Nutrition Policy for Nova Scotia Public Schools* (i.e., food and beverages of Maximum and Moderate Nutrition)
- Availability of items (e.g., all year, certain months)
- Whether there is a specific minimum order required. Does this minimum order exceed what the school/club needs?
- Pricing and profit margins



Notes:

- Payment options and procedures. Do payment and procedures fit with the constraints of the school (e.g., from point of ordering to delivery)?
- Whether the company has been used by other schools in the school board or province for fundraising. If so, consider contacting the school to get an idea of how it went. If not, ensure that the vendor will meet the school's needs and allow enough money to be raised.

Food Safety

Food and beverages used for school fundraising need to be handled in accordance with safe food handling practices to reduce the risk of any food borne illnesses. These include proper delivery, handling, storage, and transport of perishable and nonperishable items.

Food Safety Specialists at the Department of Agriculture have provided advice to school programs (e.g., breakfast, snack) where food is brought into the school from home. This advice can also be applied to school fundraisers that use food and beverages:

- Food is to be obtained from approved sources such as retail or wholesale operations.
- If food is to be provided by families, it should be non-perishable products in their original packaging.
- Home-canned foods, other than jams and jellies, are not permitted.
- Meals prepared in home kitchens are not permitted, as they are from an unknown source and would include potentially hazardous foods. The means of preparation, cooking, hot and cold holding, and transporting of these foods may put children at risk.
- Low hazardous foods like whole fruit and vegetables, or baked goods such as muffins (without cream, custard or cream cheese filling or topping), may be brought into the facility by a parent or guardian. Acceptance is at the discretion of the staff.
- Fruits and vegetables must be washed before serving. Peeling and cutting should be done at the facility (e.g., by staff, parent/student volunteers).

For information and resources related to safe food handling and storage, refer to the Websites and Resources Section of the guide.

Allergy Awareness

School communities want healthy, safe environments for their students. Some students have life-threatening allergies that are so severe they can be triggered by smell or brief skin contact with a food. This can present a concern for the whole school when food is part of school activities. Most school boards have a policy on allergy awareness, and this should be consulted.

For information and resources related to allergies and anaphylaxis, refer to the Websites and Resources section of the guide.

Section 2

HEALTHY FOOD AND BEVERAGES OF MAXIMUM AND MODERATE NUTRITION

The following section lists examples of food and beverages of Maximum and Moderate Nutrition that schools may choose to sell for fundraisers. Schools are encouraged to fundraise with items of Maximum Nutrition most of the time, as these food and beverages are more nutritious than those of Moderate Nutrition. It is important to check the particular product to ensure it meets the standards described in the *Food and Nutrition Policy for Nova Scotia Public Schools*. Please note that this is not an extensive list. School communities are encouraged to seek out food and beverages and suppliers available in their nearby communities. Please refer to the Websites and Resources Section of the guide for a link to an on-line directory of Nova Scotia food/beverage growers, suppliers and companies.

NOTE: The '📞' symbol appears next to items listed in the Directory of Companies and Suppliers in this guide.

Examples of Maximum Nutrition Food and Beverages to Sell as Fundraisers: *(Reminder: check products to ensure they meet nutrient criteria)*

- Trail mix made with whole grain cereal, dried fruit and nuts*
pre-packaged 📞 or prepared and bagged by students
- Lower fat, whole grain muffin mixes (dry or frozen) for muffins or quick breads (banana, carrot, zucchini) 📞 (include instructions for preparation)
- Whole wheat pasta and sauce (e.g., tomato-based) kits
- Frozen pizza dough or crust (100% whole wheat)
- Whole wheat breadsticks and dipping sauce packs
- Instant Oatmeal Packs (great for winter)
- Whole grain bagels and cream cheese

- Local fresh fruits and vegetables (include recipe ideas or nutrition information) 📞
- Carrots and dip packs
- Salad bar or mixed salads fundraiser
- include fruit, vegetable, mixes with rice, pasta, tabbouleh
- Fruit gift baskets
- Bagged potatoes or foil-wrapped singles (include healthy recipes)
- Baked potato bar with toppings fundraiser
- Citrus and other fresh fruit sales 📞
- 100% Juice boxes
- 100% fruit juice slushies
- 100% frozen juice bars 📞
- Canned fruit (in juice)
- 100% dried fruit/vegetable bars or fruit/nut mix
- Dried cranberries or raisins 📞

- White or flavoured lower fat milks (<2% MF) or nutritional milk alternatives (e.g., fortified soy beverage)
- Yogurt drinks (<2% MF)
- Cheese blocks or cheese string packs (<20% MF) 📞
- Yogurt tubes (<2%)
- Yogurt sundae bar fundraiser (Feature 2% or less MF yogurt, whole grain cereal, and dried fruit and nuts)

Section 2

Success Story:

A number of schools have had success with smoothie sales. They are popular with students and are a great way to encourage more vegetables and fruit while making money at the same time. Some schools make their own, while others use the services of local companies that provide and deliver ready-made smoothies.

Success Story:

Many schools in Nova Scotia have reported success with selling pizza by the slice during lunch. Pizza is often made to specification (e.g. whole wheat crust, topping choices) by a local business for a lower price and schools keep the revenue (which depends on the cost and the number of slices sold). This type of fundraiser often happens frequently throughout the year. It is quick and easy and does not need much preparation (i.e. order and pick up, or delivery; serving; basic clean up).

Success Story:

A school basketball team in the Tri-County Regional School Board sold bagels and cream cheese to fellow students in the canteen as a successful fundraiser.

- Smoothies sale (made with Maximum Nutrition ingredients like lower fat plain or flavoured milk, yogurt, and fruit) ☎
- Dried or roasted beans and lentils (include recipe ideas)
- Nuts* and seeds (plain or mixed)
- Hummus or bean dip (with whole wheat pita or tortillas)
- Tofu and recipes
- Meat, poultry, and fish (e.g., hams, whole chickens, lean burgers, or meatballs)
- Pizza by the slice sale (made with whole wheat crust, lower fat mozzarella cheese, vegetables, and lean deli meats)
- Soup or chili-making kits (include recipes)
 - Includes fresh or dry vegetables, such as cabbage, carrots, turnip, and potatoes along with dried peas, beans, lentils, brown rice or pasta
 - Great during the winter
- Frozen food items (e.g., skinless chicken breasts, vegetables, blueberries, stir fry kit, fajita kit)
- Frozen pizza kits (made with whole wheat crust, vegetables and lean meats or poultry)
- Shepherd's pie sale
- Submarine sandwiches on whole grain bun and with lean meats
- Food baskets containing a variety of healthy items from Maximum Nutrition
- Fruit cone sale (ice cream cone topped with fresh or frozen fruit and drizzled with yogurt)
- Dips, spices and condiments (e.g., salsa, bean dips, hummus, fruit and vegetable dips, tomato sauces) ☎
- Bottled water
- Any other items prepared with Maximum nutrition ingredients

*Where allergies permit

Examples of Moderate Nutrition Food and Beverages to Sell as Fundraisers: (Reminder: check products to ensure they meet nutrient criteria)

- Frozen pizza dough or crust (e.g., white enriched , 60% whole wheat)
- White or flavoured (e.g., spinach, pesto, sundried tomato) flour tortillas
- Enriched white or 60% whole wheat bagels and cream cheese
- White or flavoured (e.g., spinach), enriched pasta and sauce kits
- Lower fat, dry or frozen muffin mixes for muffins or quick breads (bran, oatmeal, banana, carrot, zucchini) ☎
- Scones or biscuits
- Granola bars or squares
- Gold fish or animal cracker packs
- Soft or hard pretzels and dip (e.g., mustard)
- Rice cake snack packs (plain or flavoured)
- Plain or flavoured air popped or lower fat microwave popcorn
 - toss in a baggie with seasoning such as parmesan, chili powder
 - sign up with a fundraising company ☎
- Crisp rice or puffed wheat cereal squares
- Fruit filled cookies (e.g., fig, apple)
- White enriched breadsticks and dipping sauce
- Baked potato chips or tortilla chips

- Bagel or pita chips
- Oatmeal raisin cookies, carrot cookies and other lower fat cookies made with fruits, vegetables, nuts* and seeds. 📞
- Canned fruit in light syrup
- Applesauce or fruit blends with sugar added
- Frozen lower-fat oven fries (containing no trans fat)
- White or flavoured milk (No more than 3.25 % MF and containing less than 28 g sugar/250 mL serving)
- Yogurt drinks (No more than 3.25% MF)
- Cheese blocks or strings (No more than 32% MF) 📞
- Milk-based puddings
- Frozen yogurt and ice milk (lower fat; no more than 8 g fat/serving)
- Jerky-style products
- Marinated fresh or frozen meat/poultry
- Deli meats
- Salted nuts* and seeds
- Soup kits (include recipes)
 - with white enriched rice, noodles, dried or fresh vegetables (e.g., potato, carrot, beet, turnip)
- Canned vegetable-based or milk-based soups
- Enriched white or 60% whole wheat frozen/fresh pizza kits (made with vegetables and lean meats or poultry) 📞
- Fajita, burrito or taco kits
- Pizza pretzels or frozen perogies
- Frozen lasagna
- Tuna/salmon cracker packs
- Peanut butter/cheese and cracker snack packs
- Banana split sale (made with yogurt, frozen yogurt and fruit, granola toppings)
- Dips, spices, and condiments (e.g., white sauces, flavoured oils, maple syrup, popcorn seasoning, dried seasonings, hot sauces, relishes, jams, jellies, honey) 📞
- Any other items made with Moderate Nutrition ingredients

*Where allergies permit



Section 3

Section 3

IDEAS FOR FUNDRAISING WITH HEALTHY FOOD AND BEVERAGES

This section contains ideas from Nova Scotia schools that have been successful at promoting the use of healthy food and beverages through fundraising efforts.

Ideas:

Healthy eating cookbooks

- Collect favourite healthy recipes from students, families, and staff and compile and sell.
- Sell copies of a popular cookbook featuring healthy recipes. 📖

Community dinners

- (e.g., spaghetti, ham and scalloped potatoes, BBQ, Italian, Indian, vegetarian)
- Be creative! Include a theme. It can be anything from high tea to a picnic theme.
- Seafood suppers where the 'catch' is donated by the local fishermen are very popular in parts of the province.
- It often helps to combine a meal with some other activity such as an auction, dance, concert, dinner theatre. There may be better attendance.
- To attract the broader community, be sure to advertise. Encourage school families to invite friends and neighbours.

Local restaurant fundraisers

- Local restaurants are often willing to support schools in fundraising efforts; healthy items (e.g., pizza) can be purchased at a reduced price and sold at school for profit.

Vegetarian fundraiser

- Create an exploratory basket featuring vegetarian items such as tofu, soy milk, beans, nuts, seeds, tahini, and include healthy and tasty recipes.

Special lunch days at school

- (e.g., Try ethnic cuisine from around the world and theme days focused on traditional holidays.)

'Red and Gold' sale

- Bulk purchase red and gold apples from a local supplier and sell at Christmas time. Refer to appendix for list of local suppliers.

Healthy snack or lunchbox auctions

- Have volunteers donate healthy lunches or snacks and auction them off to staff, parents, and community members.

Vegetable greenhouse or school garden

- Start a vegetable green house or school garden by involving students, parents, and the community to share in the experience from field to fork by selling the produce.

Bake sale or 'no-bake' sale

- Feature foods of Maximum and Moderate Nutrition such as fruit muffins, banana bread, oatmeal cookies, granola, trail mix, breadsticks or soft pretzels and dipping sauce, bagels, and scones.
- For a twist on traditional bake sales hold a no-bake bake sale and include items like fresh fruit and vegetables with dip, cheese and crackers, flavoured milks and yogurt tubes, hardcooked eggs, hummus and dip, salsa and tortillas.

Parent/Child healthy cooking classes

- For donations of food and money, families sign up to participate in an event where they learn to prepare a healthy meal or snack.

Human hot dog challenge

- Set a money goal that when achieved transforms the principal or school staff member into a human hot dog. Students can be selected to apply the ketchup and mustard.

Milk mustache pictures

- Take pictures of students and teachers with milk mustaches and sell them for \$2 to family and friends.

Fruit and veggie-gram

- Students purchase an apple or bag of veggie sticks to send to a friend with a personalized message.

Don't buy event

- A 'don't buy' fundraiser is a clever way of asking for donations in a humorous way.
- The event never actually happens, except on paper.
- Requests are sent to supporters advertising that soon they will have the opportunity 'not to buy' chocolate bars, cookie dough, or candy to support the school fundraiser.
- To support healthy eating and consistent messages, a \$2 donation is instead requested to participate and support the cause.

Success Story:

In the Tri-County Regional School Board, students at Digby Neck school grow a variety of vegetables and sell them as a fundraiser to the community.

Success Story:

An elementary school in the Annapolis Valley Regional School Board introduced a twist to the traditional hot dog sale: the "Human Hot Dog" fundraiser. Upon reaching the fundraising target, the principal agreed to let students cover him with relish, ketchup and mustard!

Section 4

Section 4

DIRECTORY OF COMPANIES AND SUPPLIERS

The following section lists companies that can be contacted for fundraising activities with healthy food and beverages. This is far from a comprehensive list. For each company, items of Maximum or Moderate Nutrition that fit with the *Food and Nutrition Policy for Nova Scotia Public Schools* have been identified.

In addition to carrying healthy products, a number of the companies listed also carry products that do not fit with the policy and cannot be used as fundraisers in Nova Scotia public schools. Specific products and information may change without notice. When planning fundraisers, schools are encouraged to contact companies to confirm that the items chosen are available and suitable to sell according to the *Food and Nutrition Policy for Nova Scotia Public Schools*.

Use the nutrient criteria outlined within the Food and Beverage Standards for Nova Scotia Public Schools to help when requesting product information from companies. The criteria can be viewed on-line at www.ednet.ns.ca as part of the *Food and Nutrition Policy for Nova Scotia Public Schools*, or refer to the Maximum and Moderate Nutrition pamphlets in Appendix A.

List of Companies:

| | |
|---------------------------------------|-------------------------------|
| ADL Foods | Mariplex Confections |
| Amazin' Raisin | National Discount Fundraisers |
| Applesnax | Orville Reddenbacher Popcorn |
| Atlantic Fundraising Services Limited | Scotian Gold |
| Bash Toulany's Pizza | The Spice Barn |
| Direct Fundraising | Sun Groves |
| Farmer's Dairy Co-op | Sunsweet Fundraising |
| Haygar Enterprises | Suppertime Survival |
| Hawberry Farms | Tasty Tidbits |
| Juice eh! | Top Fundraisers |
| Lean Machine Healthy Vending Services | Treasure Mills |
| MacMillan's | Yum Foods Limited |

NOTE: To help with item searches, the guide has highlighted the products available from each company, rather than the company names. The companies are listed alphabetically as they appear above.

Disclaimer: Please note that the listing of products and companies is in no way intended as an endorsement. The Department of Education and the Department of Health Promotion and Protection do not guarantee any specific profit margins for fundraisers using the food and beverage items listed within.

Website references are provided solely as a convenience and do not constitute an endorsement by the Department of Education and the Department of Health Promotion and Protection of the content, policies, or products of the referenced websites. The departments do not control the referenced websites and subsequent links and are not responsible for the accuracy, legality, or content of those websites. Referenced website content may change without notice.

Fundraising with Healthy Food and Beverage Items

Cheese

- (e.g., variety of cheddar and mozzarella all less than 32% MF)
- No minimum order.
- School is supplied with product list and decides on products and pricing. Students gather orders. Orders are placed with ADL and delivered to a central location in 3 to 4 weeks.
- Payment is requested upon delivery of product.

Pricing and Profit

- Prices vary and range from \$5 to \$50 (cost to school)
- Profit Margin = ~25%
(school sets selling price with 25% as amount recommended)

Company

- ADL Foods - www.adl.ca/fundraising

Betty White
adlfoods@adl.ca

(Ph) (902) 888-5000
(Ph) 1-888-235-6455
(Fx) (902) 888-2992

400 Read Dr., Summerside PE C1N 5A4

Strawberry and orange flavoured raisins

- (do not contain added sugars, sweeteners or salt)
- Minimum order is 40 cases.
- Runs for 30 days up to 3 times per school year.
- School fills out order form and submits with payment. Delivery is 30-45 days from date of order. Unopened cases may be returned within 60 days. Amazin' will also donate to the school's choice of charity within 90 days of fundraising period.

Pricing and Profit

- Each carrying case is \$24.00 and contains 12 boxes. (Each box contains 6 serving pouches.) Suggest students sell 2 cases (24 boxes).
- Price is \$2 per box with suggested \$1.00 mark up
- Profit Margin = 33%

Company

- Amazin' Raisin - www.amazinraisin.com/fundraising.htm

April Glavine, Regional Manager
april@amazinraisin.com

(Ph) (902) 482-0640
(Toll free) (902) 482-4654
(Fx) (902) 482-0759

1541 Barrington Street, Suite 210, Halifax NS B3J 1Z5



Notes:

Applesnax “extreem squeez tubes”

- No Sugar Added flavours: Apple-Grape and Apple- Strawberry
- Contact company for details.

Pricing and Profit

- Schools purchase packages of 8 for \$3.60 and sell for \$6.00
- Profit margin = 40%

Company

- Atlantic Fundraising Services Limited - www.atlanticfund.ca

(Ph) (902) 455-7225

(Fx) (902) 454-5713

6080 Young Street, Suite 309, Halifax NS B3K 5L2

Fresh pizza made to order

- (e.g., Hawaiian and vegetarian, lower fat cheeses and meats, whole wheat crusts)

Pricing and Profit

- Schools purchase for \$9.28 each and sell for \$13.25 each
- Profit margin = 30%

Company

- Bash Toulany’s Pizza - www.atlanticfund.ca/PDF/bashtoulany.pdf

(Ph) (902) 455-7225

(Fx) (902) 565-1658

Atlantic Fundraising Service Limited
6080 Young Street, Halifax NS B3K 5L2

Applesnax “extreem squeez tubes”

- No Sugar Added flavours: Apple-Grape and Apple- Strawberry
- Available in boxes of 8 (64 g) individual portions, with 9 boxes per case.
- Schools must purchase full case lots but there is no minimum order.
- Schools send in pre-orders in the prepaid courier envelope provided.
- Direct Fundraising ordertakers tally the order, calculate the quantity needed for the school to complete deliveries, and arrange for shipment. Schools are provided with all the necessary packing materials and a step-by-step guide for school distribution.

Pricing and Profit

- Schools purchase for \$3.60 per box and sell for \$6.00 per box
- Profit margin = 40%

Company

- Direct Fundraising - www.directfundraising.ca

Dick Fines

(Ph) (705) 745-1232

(Ph) 1-800-263-8946

(Fx) (705) 743-5572

PO Box 1234, Peterborough ON K9J 7H5

Notes:

Popcorn seasoning, dip mixes, sauces, chutneys, and oils

- Schools send in orders in the prepaid courier envelope provided. Direct Fundraising ordertakers tally the order, calculate the quantity needed for the school to complete deliveries, and arrange for shipment. Schools are provided with all the necessary packing materials and a step-by-step guide for school distribution.

Pricing and Profit

- All items are \$6
- Profit to schools is 40% (\$2.40 per item) on all orders over 800 pieces
- Small orders of between 500 and 799 will be provided with a profit margin of 37.5% (\$2.25 per item) and orders below 500 will receive a 35% profit margin (\$2.10 per item)

Company

- Direct Fundraising - www.directfundraising.ca
Hawberry Farms - www.hawberryfarms.com/

Dick Fines

(Ph) (705) 745-1232

(Ph) 1-800-263-8946

(Fx) (705) 743-5572

PO Box 1234, Peterborough ON K9J 7H5

Notes:

Treasure Mills Healthline oatmeal cookies, low fat muffins, jams, jellies, oils, sauces and dips

- Baked goods products are peanut and nut free and contain no trans fats.
- Minimum order is 300 tubs.

Pricing and Profit

- 300-499 tubs sold = 30% profit
- 500-999 tubs sold = 35% profit
- Over 100 tubs sold = 40% profit

Company

- Direct Fundraising - www.directfundraising.ca
Treasure Mills - www.directfundraising.ca/atlantic_and_western_canada/treasure_mills.html

Dick Fines

(Ph) (705) 745-1232

(Ph) 1-800-263-8946

(Fx) (705) 743-5572

PO Box 1234, Peterborough ON K9J 7H5

Cheese

- Available in 200 g bars and 1 kg blocks of cheddars and mozzarella (Less than 32% MF).
- 200g blocks available in case lots of 12s; 1 kg blocks sold as individual blocks.
- Includes instructions and order forms. Call ahead to confirm pricing prior to ordering. Students gather orders. Master order submitted. Pick up at nearest Farmer's Distribution Centre located in Bridgewater, Middleton, Sydney, Truro, Bedford, Yarmouth, Kentville, and Shelburne.

Pricing and Profit

- Prices range from \$2.59 to \$2.80 per block (31.08 to \$33.60 per case of 12) with suggested \$1.00 profit/per block
- Profit margin = 28%
- Prices range from \$10.84 to \$11.88 per 1 kg blocks with suggested \$2.65 profit per block
- Profit margin = ~20%

Company

- Farmer's Dairy Co-op - www.farmersdairy.ca/lib/fund/

Cindy Wiswell, Farmers Dairy Customer Service

(Ph) 1-800-590-6455

(Fx) 1-800-565-1945

PO Box 8118, Halifax NS B3K 5Y6

Bread kits with clay baking pot

- (e.g., Cinnamon & Raisin, Herb and Garlic, Cranberry, Blueberry and Orange)
- Pancake and syrup kits.
- No minimum orders but shipping charges for orders less than \$500. Invoices due in full within 30 days. Delivery in 2 weeks after placing order.

Pricing and Profit

- Cost for bread mixes is \$6.50, with suggested selling price of \$10.00 (\$3.50 profit per kit)
- Profit margin = 35%
- Cost for pancake mix and syrup kits is \$6.00 with a suggested selling price of \$11.00 (\$4.40 profit per kit)
- Profit margin = 40%

Company

Haygar Enterprises - www.haygar-fundraising.com/home.html

Wayne Hay
info@haygar-fundraising.com
wayne@haygar-fundraising.com
darlene@haygar-fundraising.com

(Ph) (905) 825-1146
 (Ph) 1-800-465-9548
 (Fx) (905) 825-1028

505 Iroquois Shore Road, Unit 5, Oakville ON L6H 2R3

Frozen gourmet muffin batter, cookie dough in oatmeal raisin, pancake mix and herbs

- (Light 'N Tasty brand in blueberry bran, lemon cranberry and carrot)
- Batters are prepared with fresh ingredients and flash frozen.
- Includes nut free and trans fat free items.
- Schools request information package with selling materials provided. Orders taken and master list submitted. Shipped to central location for distribution.

Pricing and Profit

- \$12 for 2 L muffin batter
- Profit Margin = 29%

Company

MacMillan's - www.macmillans.on.ca/fundrais.html

Greg MacMillan
macajax@istar.ca

(Ph) (905) 686-2531
 (Ph) 1-800-926-2531
 (Fx) (905) 686-1441

Box 236, Whitby ON L1N 5S1

Notes:

Notes:

Healthline cookies in oatmeal cranberry, and oatmeal raisin

- Lower fat muffins (e.g. carrot)
- Fresh fruit (e.g. oranges and pink grapefruit)
- Spices
- Dough is frozen in 3 and 4 litre tubs, shipped in cases of 6.
- Products received 2 weeks after submitting master order.
- Usually no minimum order.

Pricing and Profit

- Contact company for pricing and profit margins

Company

- National Discount Fundraisers - www.ndf-online.com/contact.html
www.simplyfundraising.ca

Mitch Blum
info@ndf-online.com

(Ph) 1-888-704-7367

1111 Finch Avenue West Unit 42, Toronto ON M3J 2E5

Microwave popcorn

- Peanut and nut free.
- Minimum order 50 cases; 15 twin-packs per case.

Pricing and Profit

- Sell for \$2 each
- Profit margin = 43%

Company

Orville Reddenbacher Popcorn - www.phoenixenterprises.ca/orville.html

daraphoenix@rogers.com

(Ph) 1-877-697-6111

Phoenix Enterprises
43 Simms Drive, Ajax ON L1T 3J9

Notes:

Fresh apples

- Various apple varieties available, depending on the time of year: Canada Fancy including, but not limited to, McIntosh, Cortland, Jonagold, Royal Gala, Red and Golden Delicious.
- No minimum orders for any product picked up in Coldbrook. Prices are based on pick-up.
- Minimum orders for shipped products are based on school location.
- 40 lb (one bushel) containing 100 apples (good for single sale).
- 20 lb (half bushel) containing 50 apples (good for families).
- 750 g bag of apple slices; and 5 single portion 57 g bags.
- Payment required prior to shipment.

Pricing and Profit

- 40 lb (bushel) cost is \$26.00; schools usually see a profit of \$75 – \$200.00 per case
- 20 lb (half bushel) cost is \$12.50 with suggested selling price of \$15.00 (\$2.50 profit per case)
- Profit margin = 16%
- 6 x750 g apple slices cost \$20.00 (\$3.33 each) with suggested selling price of \$4.50-\$5.00 per bag)
- Profit margin = 26-33%
- 12 (5 x 57 g) Apple Slices cost \$25.00 (\$2.08 each pack of 5) with suggested selling price of \$3.50
- Profit margin = 40%
- 40 x 57 g Apple Slices cost \$16.00 (\$0.40 each)
- Profit margins depend on selling price

Company

- Scotian Gold - www.scotianguard.com

Susan Foote, Scotian Gold Cooperative, Ltd.
susan.foote@scotianguard.com

(Ph) (902) 679-2247
(Ph) 1-877-277-7477

Oranges and red grapefruits

- Available November to May.
- Pallets: 40 lb 4/5 bushels or 20 lb 2/5 bushels
- Catalogue: 5 lb to 40 lb
- Minimum for Pallets is 200 boxes.
- No minimum order for catalogue.
- Schools supplied with sales materials. Pallets: school buys pallets and decides when and where they are delivered. Catalogue: people choose products, students gather orders and school places master order. Packages shipped directly to purchaser.

Pricing and Profit

- U.S. \$10.50 – \$14.50 per box
- U.S. \$20 to \$40 per box
- Profit Margin
- Pallets = 50%
- Catalogue = 15%

Company

- Sun Groves - www.sungroves.com

Kathy Foster

(Ph) (727) 726-8484

(Ph) 1-800-672-6438

(Fx) (727) 726-7158

3393 S.R. 580, Safety Harbor FL 34695 USA

Notes:

Oranges and grapefruits

- Available November to May.
- No minimum order.
- Schools supplied with sales materials. Students gather orders and school places master order. Packages shipped directly to purchaser.

Pricing and Profit

- U.S. \$17 to \$130
- Profit Margin = 20%

Company

Sun Harvest - www.sunharvestcitrus.com

Jim Deans

jim@sunharvestcitrus.com

(Ph) (239) 768-2686

(Ph) 1-800 248-7870

(Fx) (239) 768-9255

14810 Metro Parkway, Fort Myers FL 33912 - 4307 USA

Notes:

Citrus fruit and health line cookie batter

- Availability varies with citrus fruits.
- Minimum order of 100 boxes of citrus. No minimum order for cookie batter.

Pricing and Profit

- Price varies with product
- Profit Margin = varies

Company

- Sunsweet Fundraising - www.sunsweetfundraising.com

Calvin Waye
bcwaye@pei.sympatico.ca

(Ph) (902) 675-4366
(Ph) 1-800-268-1250 - Ext: 3355
(Cell) (902) 394-4519
(Fx) (902) 675-3155

78 Birds Eye Dr., Box 977, Rocky Point, Cornwall PE C0A 1H0

Cookbook and healthy eating guide for busy families

- 60+ complete supper meals based on *Canada's Food Guide to Healthy Eating*.
- Advice for menu planning, shopping, and nutrition for the whole family.
- Available all year. Minimum order 1 case (20 books).
- Instructions and order forms available on website.
- Schools take orders in advance and collect payment. Order submitted along with payment. Books delivered 2 – 3 weeks after receiving order.

Pricing and Profit

- Suggested retail price 29.95 +GST
- Orders of 20 or more copies receive 50% discount (cost per book at 50% discount = \$14.97 + 0.89 GST /copy = \$15.86)
- Profit margin depends on how much book is sold for
- If sold for \$25.00, profit will be for \$5.77 per book
- Profit margin = ~30%

Company

- Supertime Survival - www.supertimesurvival.com

Lynn Roblyn or Bev Callaghan

(Ph) (416) 487-3789
(Fx) (416) 488-6146

68 Brooke Ave, Toronto ON M5M 2J9

Notes:

Trail mix (nut and nut free), fruit and nut bars

- Includes nut free varieties.
- Provides foods for Annapolis Valley Schools.

Pricing and Profit

- Contact owner re pricing and profit margins.

Company

- Yum Foods Limited

David Browning, Owner

(Ph) (902) 678-6343

11 Calkin Dr., Unit 6, Kentville NS B4N 3V7

FUNDRAISING WITH HEALTHY FOOD ITEMS WITHIN SCHOOLS

Fruit freezies, veggie drinks, and smoothies

- Fundraising program is gift certificate-based.
- Supply schools in Halifax Regional School Board.

Pricing and Profit

- Contact owner re pricing and profit margins

Company

- Juice eh!

Jeannie Jones, Owner

juice_eh@yahoo.ca

(Ph) (902) 444-4200

(Fx) (902) 444-4201

Halifax Shopping Centre, 7001 Mumford Rd., PO Box 47, Halifax NS B3L 2H8

Section 5

WEBSITES AND RESOURCES

This section includes a variety of websites and links to resources related to fundraising with healthy food and beverages.

Disclaimer: Website references are provided solely as a convenience and do not constitute an endorsement by the Department of Education and the Department of Health Promotion and Protection of the content, policies, or products of the referenced websites. The departments do not control the referenced websites and subsequent links and are not responsible for the accuracy, legality, or content of those websites. Referenced website content may change without notice.

Information and resources for running successful fundraising campaigns:

Canadian Fundraising

Food and Beverage and Non-Food Fundraising Ideas for Schools
www.canadianfundraising.com/ns.asp

Fundraising Ideas

www.fundsraiser.com

Canadian Fundraising Companies

www.canadianfundraising.com/ns.asp

Dinner Fundraisers: recipes for large groups in large quantities

<http://www.bigrecipes.com>

Pizza Fundraisers

www.stepbystepfundraising.com/pizza-fundraisers

Information related to safe food handling and preparation:

Canadian Partnership for Consumer Food Safety Education

Contains food safety information, fact sheets, and interactive media. The learning centre provides information and resource materials that focus on the four simple steps to FightBAC!®: Separate, Clean, Cook and Chill. Included are teaching guides for K – 3 and 4 – 7 classroom teachers, tabloid style brochures for families and caretakers of older adults, and a section of fun games and activities for kids. These resources can be downloaded from the Website free of charge.

www.canfightbac.org/en/

Nova Scotia Department of Agriculture: Food Safety, Food Protection and Enforcement Division

Provides general information, information and dates for food handlers courses, information on legislation, downloadable forms for food establishment permits and food handlers education courses

www.gov.ns.ca/nsaf/foodsafety/

Nova Scotia Department of Agriculture Food Safety Fact Sheets

Provides links to downloadable and viewable versions of food safety fact sheets related to summer food safety, holiday food safety, food safety at home, and food safety after an emergency.

www.gov.ns.ca/nsaf/foodsafety/factsht/

Contact Information for Food Safety Specialists and Educators in Nova Scotia

Provide school communities with advice, support, and food safety education and training. Contact information for Food Safety Educators and Specialists across Nova Scotia can be found at

www.gov.ns.ca/nsaf/contactus/staffdir/division.asp?orgLevelID=117

Information related to food allergies and anaphylaxis**Anaphylaxis in Schools and Other Settings,**

Canadian Society of Allergy & Clinical Immunology, 2005

To order this booklet – please contact the CSACI at

Canadian Society of Allergy and Clinical Immunology

774 Echo Drive

Ottawa ON K1S 5N8

Tel: 613 730-6272

Fax: 613 730-1116

Email: csaci@rcpsc.edu

Website: www.csaci.ca

Allergy/Asthma Information Association

Information and resources related to asthma and allergies

www.aaia.ca/

Anaphylaxis Canada

Information and resources related to life-threatening allergies.

www.gosafe.ca/

Health Canada - Food Allergy Fact Sheets

Includes fact sheets on peanuts, tree nuts, eggs, milk, wheat, soy, sesame seeds, fish and sulphites

www.hc-sc.gc.ca/fn-an/securit/allerg/fs-if/index_e.html

Information related to school gardens:**Food and Agriculture Organization of the United Nations**

www.fao.org/schoolgarden/

The Edible School Yard

www.edibleschoolyard.org/homepage.html

School Garden Wizard

www.schoolgardenwizard.org/

School Grounds Transformation

www.biodiversityonline.ca/schoolgrounds/projects/ediblegarden.html

Notes:

Notes:

Information related to Nova Scotia food/beverage growers, suppliers and companies:

Food for Thought: A Buyer’s Guide to Nova Scotia Food Products

The on-line directory includes Nova Scotia growers, producers, and local food companies along with lists of products that are available. Sections include listings for fruit and vegetable products; herbs and spices; milk and dairy products; meat and poultry products; egg graders, packers and distributors; bakery products; maple syrup; and honey. Schools are encouraged to connect with local businesses that can assist with fundraising and other efforts to ensure healthy, local food and beverage choices in schools.

Please visit:

www.gov.ns.ca/nsaf/marketing/contact/agriculture/foodft/index.shtml

Resources and contacts for further support and assistance related to the Food and Nutrition Policy for Nova Scotia Public Schools:

Food and Nutrition Policy for Nova Scotia Public Schools

Contains downloadable versions of the policy booklets and Question and Answer Guide in English and French.

www.ednet.ns.ca or www.gov.ns.ca/hpp/healthyeating.html

Healthy Eating Nova Scotia

A link to Nova Scotia’s provincial action plan to promote healthy eating and address nutrition-related health issues. Healthy Eating Nova Scotia was created by government and non-government organizations, private corporations, and professional associations in consultation with the community. It outlines four priority areas for action: breastfeeding, children and youth, fruit and vegetable consumption, and food security. www.gov.ns.ca/hpp/repPub/HealthyEatingNovaScotia2005.pdf

Dietitians of Canada

Dietitians of Canada (DC) is the nation-wide voice of dietitians - the most trusted source of information on food and nutrition for Canadians. This interactive website has plenty of great information about healthy eating including a Q & A section, menu planning tips, healthy body quiz, and a spot where users can receive personalized feedback on their nutrition profile.

www.dietitians.ca/

Dietitians of Canada - Eat Well Play Well

This portion of the website supports teachers, parents and other caregivers in their efforts to provide an environment that fosters healthy eating and active living in school age children and youth. The site includes a backgrounder report on key healthy eating and active living issues in the school age years, searchable resource database, and many ideas for taking action to support healthy eating and active living at school and home.

www.dietitians.ca/child

Notes:

Mi'kmaw Kina'matnewey (MK) Education

Tex Marshall
Sport & Recreation Committee – Animator
47 Maillard Street
Membertou NS B1S 2P5
Phone: (902) 567-0336
Fax: (902) 567-0037
tex@kinu.ca

South Shore Regional School Board

Charles Williamson
Active Healthy Living Consultant
130 North Park Street
Bridgewater NS B4V 4G9
Phone: (902) 541-3059
Fax: (902) 541-3051
cwilliamson@ssrsb.ns.ca

Strait Regional School Board

Jerome Stewart
Active Healthy Living Consultant
459 Murray Street
Mulgrave NS B0E 2G0
Phone: (902) 747-2158
Fax: (902) 747-3672
Jerome.stewart@strait.ednet.ns.ca

Tri-County Regional School Board

Stephen Cullen
Active Healthy Living Consultant
79 Water Street
Yarmouth NS B5A 1L4
Phone: (902) 749-5817
Fax: (902) 749-0798
tcullen@tsrsb.ca

Conseil scolaire acadien provincial

Lori Ann Comeau
Active Healthy Living Consultant
80 Placide Comeau
Road Meteghan River NS B0W 2L0
Phone: (902) 769-5413
Fax: (902) 769-5459
cloriann@scolaire.ednet.ns.ca

School Board Dietitians

Halifax Regional School Board
(902) 464-2000
www.hrsb.ns.ca

Cape Breton Victoria Regional School Board
(902) 564-8293
www.cbv.ns.ca

Public Health Nutritionists

District Health Authority 1

(School Board Area: South Shore Regional School Board)

Public Health Services
Suite 109, 215 Dominion Street
Bridgewater NS B4V 2K7
Phone: (902) 543-0850
Fax: (902) 543-8024

Public Health Services
175 School Street
P.O. Box 694
Liverpool NS B0T 1K0
Phone: (902) 354-5738
Fax: (902) 354-3152

District Health Authority 2

(School Board Area: Tri-County Regional School Board)

Public Health Services
60 Vancouver Street
Yarmouth NS B5A 2P5
Phone: (902) 742-7141
Fax: (902) 742-6062

District Health Authority 3

(School Board Area: Annapolis Valley Regional School Board)

Public Health Services
23 Earncliffe Avenue
P.O. Box 1180
Wolfville NS B4P 1X4
Phone: (902) 542-6310
Fax: (902) 542-6333

Public Health Services
Western Kings Memorial Health Centre
Orchard Street, Box 249
Berwick NS B0P 1E0
Phone: (902) 538-8782
Fax: (902) 538-9590

District Health Authority 4

(School Board Area: Chignecto-Central Regional School Board)

Public Health Services
Colchester Regional Hospital Annex
201 Willow Street, 3rd Floor
Truro NS B2N 4Z9
Phone: (902) 893-5820
Fax: (902) 893-5839

Public Health Services
15 Commerce Court, Suite 150
Elmsdale NS B2S 3K5
Phone: (902) 883-3500
Fax: (902) 883-3400

Notes:



District Health Authority 5

(School Board Area: Chignecto-Central Regional School Board)
Public Health Services
18 South Albion Street
Amherst NS B4H 2W3
Phone: 667-3319
Fax: 667-2273

District Health Authority 6

(School Board Area: Chignecto-Central Regional School Board)
Public Health Services
825 East River Road, 2nd Floor
New Glasgow NS B2H 3S6
Phone: 752-5151
Fax: 755-7175

District Health Authority 7,8

(School Board Area: Strait Regional School Board, Cape Breton Victoria Regional School Board)
Public Health Services
235 Townsend Street, 2nd Floor
Sydney NS B1P 5E7
Phone: 563-2400
Fax: 563-0508

Public Health Services
708 Reeves Street, Unit 3
Port Hawkesbury NS B9A 2S1
Phone: 625-1693
Fax: 625-4091

District Health Authority 9

(School Board Area: Halifax Regional School Board)
Public Health Services
201 Brownlow Avenue, Unit 4
Dartmouth NS B3B 1W2
Phone: 481-5800
Fax: 481-5803

Note: Conseil scolaire acadien provincial schools are supported by the Public Health Services staff in the corresponding District Health Authority.

Maximum and Moderate Nutrition Pamphlets

Please insert copies of the Maximum and Moderate Nutrition pamphlets here for future reference.

Copies of the pamphlets can be obtained by visiting www.ednet.ns.ca and downloading a printable PDF version.

Note: Printing and viewing PDF files requires Adobe Acrobat. To download a copy of the Adobe Reader, please visit www.adobe.com/products/acrobat/readstep2.html

Appendix A

Appendix B

Tool to gather company information

Company Name:

Contact Name:

Email:

Tel:

Fax:

Website:

Address:

Healthy Products Sold: *(Check for consistency with the Food and Nutrition Policy for Nova Scotia Public Schools)*

Product Description: *(Check for consistency with criteria from Food and Beverage Standards for Nova Scotia Public Schools)*

Price:

Profit Margin:

Time of Year product is available:

Minimum Order:

Payment Options:

Procedure to acquire and sell product:

Other:

After reviewing the above information, does this fundraising idea meet our needs?

Yes: _____ No: _____

Additional comments:

Sources and Acknowledgments

Sources

Eat Smart: North Carolina's Recommended Standards for All foods Available in School. Anderson K, Caldwell D, Dunn C, Hoggard L, Thaxton S, and Thomas C. DHHS, NC, Division of Public Health, Raleigh, NC: 2004

Feeding the Future: School Nutrition Handbook, School Nutrition Advisory Coalition, Calgary Health Region, 2005

Fundraising for Schools, Community Nutritionists Council of BC, 2004

Guidelines for Healthy Food Choices in School, Nova Scotia Department of Health, 1992

Healthy Active School Communities, Summer Active, Alberta Sport, Recreation, Parks and Wildlife Foundation, 2006

Healthy Eating School Resource Manual, Newfoundland and Labrador Department of Education and Department of Health and Community Services, 2006

IDAHO Recommendations for Promoting a Healthy School Nutrition Environment, Action for Healthy Kids Idaho, 2004

Manitoba School Nutrition Handbook: Getting Started With Guidelines and Policies, Healthy Child Manitoba, 2006

Primer on Raising Healthy Kids and Funds Too, Making it Happen: Healthy Eating at School, www.theknowledgenetwork.ca/makingithappen, A project of the BC Dairy Foundation, the Province, and Knowledge Network

School Healthy Eating Toolkit, PEI Healthy Eating Alliance, May 2005

Alternative Fundraising Content for "How To" Package and Related Tools and Resources, Compiled by the SNA Education Committee, School Nutrition Association www.schoolnutrition.org, 2006

School Nutrition Handbook, Palliser Health Region Community Nutritionists, Palliser Health Region, 2006

Acknowledgments

Susan Barrett-Silva, Dietitian, Capital District Health Authority

Sandi Carmichael, Annapolis Valley Health Promoting Schools Program

Sharon Costey, Public Health Nutritionist, Public Health Services, Colchester East Hants District Health Authority

Bill Curry, Director of Programs and Student Services, Tri-County Regional School Board

Jane Cunningham, Public Health Nutritionist, South West Nova District Health Authority

Mary Daly, Public Health Nutritionist, Cape Breton District Health Authority

Rita MacAulay, Public Health Nutritionist, Public Health Services, Capital District Health Authority

Bev Mullin, Nova Scotia Federation of Home and School Associations

Michelle Murton, School Nutritionist, Department of Health Promotion and Protection

Monica Rodriguez, School Nutrition Specialist, Halifax Regional School Board

Jacqueline Spiers, Public Health Nutritionist, Public Health Services, Capital District Health Authority

Appendix

