



## Healthy and Non-Food Alternatives for School Fund Raisers

We realize that occasionally money is needed for trips and special items for the classroom. We would like to change the thought of Bake Sales loaded with candy, cookies and cakes and present to you different "Food for Thought". So we searched the web (and our own brains too) and came up with these suggestions:

**American Idol** - As popular as this show has become, wouldn't it be fun (and funny) to hold your own version. Admission could be charged or you could take up a collection for "Special Appearances" - for example, to hear the principal sing, the cheerleaders or the basketball team. Or you could have someone record the songs on DVD and sell it!

**Go Green** and have a recycling drive! Encourage students, faculty and their family and friends to save aluminum cans or make it competitive between classes or teams. Wise Recycling, located here in Harrisonburg, offers tips on their website: <http://www.wiserecycling.com/r4.html>. You can also promote "Going Green" by students offering

beautification or lawn clean-up services to local businesses or individuals for reasonable fees. Another idea is to get local businesses to sponsor student clean up efforts of local landmarks.

**Themed Beauty Contest** - This one has lots of possibilities! Students or faculty dressing up as their favorite pop stars, drama divas, or movie stars are just a few. Look-a-Like contests could be held for popular celebrities or characters from history. Once again, admission could be charged or jars with contestant's names on them could be set up and for a fee - say 50 cents per vote - people could judge the winner by the highest amount of money in a jar. If acceptable by the school, a costume contest could be held for whatever is age appropriate and appeals to students at the moment. Example: "Bella" from the Twilight series or best cartoon (Toy Story) or non-violent video game character.

**Penny War** - Now we know this one is an oldie but it is easy and affordable for lots of students to participate in. Classes or teams compete to bring in the most pennies by a certain date. Perhaps it could be more exciting if the goal would be represented by a special number or date - Example: Your class wants to go to Washington DC on December 17, 2010. The goal would be to collect 121,710 pennies or \$1,217.10 by that date.

Tried and true ideas that are worth mentioning again are:

**Athletic Feats** - how far can you drive a golf ball,  
baskets can you dunk, etc.

**Rubber Duck Races** - Sponsor a duck!

**Car Washes**

**Yard Sales**

**Silent Auctions or Themed Filled Basket Auctions** -  
items donated by local businesses or artists

And yes, even **Bake Sales**...but wait, that's where we  
have the most ideas! With all the emphasis on  
healthy living anyway, why not a **Community Garden** -  
students selling veggie or flowering plants that  
they have grown and tended. Or, better yet, a  
**"Farmer's Market Day"** selling the produce from the  
garden. Arts and crafts and baked goods that are  
healthy choices could be sold on that day too.  
Even if a garden isn't feasible, you have to admit  
that a healthy bake sale is still a great idea... we  
even have a few recipes to inspire you!

## Sweet & Spicy Snack Mix

### Ingredients

- 3 Tbs. sugar
- 2 tsp. cinnamon
- 3 cups multigran cereal squares (such as Chex)
- 2 cups toasted multigrain round oat cereal (such as Cheerios)
- 1 cup pretzel nuggets
- 1 bag single-serving plain microwave popcorn, popped according to the package directions (6 cups total)
- 1/2 cup dried cranberries
- 1/4 cup vegetable oil
- 3 Tbs. Chipotle-flavored hot pepper sauce (such as Tabasco)

### Directions

1. Heat oven to 350 degrees F. In a small bowl, stir sugar and cinnamon.
2. In a large bowl, stir cereals, pretzels, popcorn and cranberries. Drizzle with vegetable oil and hot pepper sauce, then sprinkle with sugar mixture. Stir to coat.
3. Spread mixture onto a rimmed baking sheet and bake at 350 degrees F for 20 minutes, stirring twice. Allow to cool

## Happy Trails Mix

### Ingredients

- 4 cups whole-grain cereal (such as Wheat Chex)
- 1 cup pretzel pieces
- 1 cup chocolate Teddy Grahams
- 1 cup Goldfish crackers
- 1 cup golden raisins

### Directions

1. In a large bowl, combine whole-grain cereal, pretzel pieces, chocolate Teddy Grahams, Goldfish crackers, and golden raisins.
2. Divide mixture among colorful paper cups. To decorate cups: Poke 2 holes in opposite sides of cup. Thread chenille stems through holes, and twist ends together.

## Cheesy Chili Popcorn

### Ingredients

- 8 cups popped popcorn
- 2 tablespoons canola oil
- 1 teaspoon chili powder
- 1/8 teaspoon garlic powder
- 2 tablespoons grated Parmesan cheese

### Directions

1. Place popcorn in a large bowl. In a small bowl stir together butter, chili powder, and garlic powder. Drizzle over popcorn; toss to coat. Sprinkle with Parmesan cheese; toss to coat. Store in a tightly covered container at room temperature up to 3 days. Makes 10 servings (about 8 cups).

## Bag O 'Teddies

### Ingredients

- 1 single-serving-size bag bear-shape graham snack cookies or animal crackers
- 1/4 cup vanilla or fruit-flavor low-fat yogurt - please keep cold
- 1/4 cup sliced fresh fruit or berries (strawberries, mandarin orange segments, blueberries, bananas)

### Directions

1. Use scissors to cut open bag of cookies along one of the short ends. Spoon yogurt over cookies in bag. Top with fruit. Serve from the bag with a spoon. Makes 1 serving

## Carrot-Banana Mini Bundts

### Ingredients

- 1-1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 stick unsalted butter at room temperature
- 3/4 cup sugar
- 2 large eggs

1 cup grated carrots  
3/4 cup mashed ripe bananas  
2 tablespoons fresh lemon juice  
1-1/2 teaspoons vanilla  
Powdered sugar

### Directions

1. Heat oven to 350°F. Butter and flour 6 mini bundt pans. Combine flour, baking soda, baking powder, and salt. In large bowl, beat butter and sugar until fluffy. Beat in eggs, one at a time. Beat in carrots, mashed ripe bananas, lemon juice, and vanilla. Beat in flour mixture. Spoon batter into prepared pans. Bake 35 to 40 minutes, or until golden-brown. Cool 5 minutes. Turn bundts out onto rack; cool completely. Sprinkle with powdered sugar

## Carrot Pumpkin Cheesecake Muffins

### Ingredients

1 package (8 ounces) cream cheese, softened  
2 eggs  
2 tablespoons sugar  
1 tablespoon lemon juice  
1 package (14 ounces) pumpkin quick bread and muffin mix (such as Pillsbury)  
1 cup shredded carrots  
3/4 cup milk  
1/2 cup raisins  
2 tablespoons vegetable oil  
1/2 cup chopped pecans  
3 tablespoons butter, softened

### Directions

1. Heat oven to 350°. Spray a 12-cup muffin pan with nonstick cooking spray.  
2. In a medium-size bowl, beat cream cheese, 1 egg, sugar and lemon juice until smooth.  
3. Set aside 1/2 cup of muffin mix for topping. Place rest of mix in large bowl. Add remaining egg, carrots, milk, raisins and oil. Stir until well blended.  
4. Fill each muffin cup with 1/4 cup of batter. Spoon 1 heaping tablespoon of cream cheese mixture over top of each muffin.  
5. In a small bowl, combine reserved muffin mix, pecans and butter. Mix with fork until crumbly. Sprinkle evenly over the cream cheese in each muffin cup.  
6. Bake at 350° for 25 minutes. Remove from oven and cool muffins in pan for 15 minutes. Gently lift muffins out of pan and cool completely

## Banana-Macadamia Nut Muffins

### Ingredients

1/3 cup all-purpose flour  
1/3 packed cup light-brown sugar  
3 tablespoons cold butter, cut into small pieces  
1/2 cup salted macadamia nuts, chopped  
2 cups all-purpose flour  
3/4 cup salted macadamia nuts, chopped  
1-1/2 teaspoons baking soda  
1/2 teaspoon pumpkin pie spice  
1/4 teaspoon salt

- 2 ripe bananas, mashed
- 1/2 cup granulated sugar
- 1/3 cup milk
- 1/4 cup light-brown sugar
- 1 egg

### Directions

1. Heat oven to 375 degrees F. Coat indents of one 12-cup muffin pan with nonstick cooking spray, see Note.
2. Topping: In medium-size bowl, combine flour and brown sugar. Cut in butter until mixture is crumbly. Stir in nuts and set aside.
3. Muffins: In large bowl, whisk together flour, nuts, baking soda, pumpkin pie spice and salt.
4. In a medium-size bowl, whisk bananas, granulated sugar, milk, brown sugar and egg. Make a well in flour mixture; add banana mixture. Stir until ingredients are just moistened.
5. Spoon a rounded 1/4 cup of batter into each muffin cup. Evenly crumble topping over each. Bake at 375 degrees for 20 minutes or until a toothpick comes out clean. Cool in pan on rack for 5 minutes. Release muffins with a spatula and cool completely on a rack. Makes 12 muffins

## Orange Chip Muffins

### Ingredients

- 3 cups flour
  - 1 tablespoon baking powder
  - 1 teaspoon baking soda
  - 3/4 teaspoon salt
  - 1 cup sugar
  - 1 cup orange juice
  - 2/3 cup vegetable oil
  - 2 eggs
  - 1 can (11 ounces) mandarin oranges, drained and coarsely chopped
  - 2/3 cup mini chocolate chips
- Topping:
- 1 cup shredded coconut
  - 1/3 cup sugar
  - 2 tablespoons butter, melted

### Directions

1. Heat oven to 375 degrees F. Place 24 paper or foil liners into 2 muffin pans.
2. In a large bowl, whisk flour, baking powder, baking soda and salt. Set aside.
3. In another large bowl, beat together sugar, orange juice, oil and eggs. On low, beat in the flour mixture until combined. Fold in the oranges and chocolate chips. Beat on medium for 1 minute. Spoon batter equally into the lined muffin pans, about scant 1/4 cup into each.
4. Topping: In a small bowl, stir together coconut, sugar and melted butter. Sprinkle evenly over top of the muffins.
5. Bake at 375 degrees F for 20 minutes, or until toothpick inserted into center of a muffin comes out clean. Cool slightly on wire rack before removing from pan

# Whole Wheat Apple-Raisin Muffins

## Ingredients

- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 2/3 cup packed dark-brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3/4 cup buttermilk
- 1/2 cup unsweetened applesauce
- 2 egg whites
- 2 tablespoons canola oil
- 1 cup chopped peeled apple
- 1/3 cup dark seedless raisins

## Directions

1. Heat oven to 400 degrees F. Coat 12 standard-size muffin-pan cups with nonstick cooking spray.
2. Mix flour, sugar, baking powder, baking soda, cinnamon and salt in large bowl. Make well in center.
3. Stir together buttermilk, applesauce, egg whites and canola oil in a small bowl. Pour buttermilk mixture into well of dry ingredients. Stir just until evenly moistened. Do not overmix. Gently fold in apple and raisins. Divide batter evenly among 12 muffin cups.
4. Bake in 400 degree F oven for 25 minutes or until wooden pick inserted in centers of muffins comes out clean. Turn muffins out onto wire rack to cool

Many of our recipes came from [www.parents.com](http://www.parents.com). Visit them for many more wholesome snack recipes. Please be sure to consider peanut allergies with any recipes you make.

Enjoy!