



# HEALTHY WORKPLACE *Fundraising* IDEAS

There are ways to  
fundraise without  
chocolate and still  
make a profit.  
Small changes  
will make a big  
difference.



**Healthy fundraising and events are great ways to promote health and wellbeing in your workplace.**

# WHY HEALTHY FUNDRAISING?

Fundraising activities are important for any organisation – be it workplaces, sporting clubs, schools or community organisations. For all of these settings, the goal of fundraising is the same – to raise funds for organisational activities or a community cause. Fundraising events are also an important way of increasing staff morale.

With more and more workplaces adopting healthy eating policies and implementing health and wellbeing programs, the chocolate fundraiser and greasy sausage sizzle sends a mixed and confusing message to workers.

Consistency of messages in the workplace is important, and the provision of healthy fundraising items and events is another way to promote health and wellbeing in your workplace to support your workers to make healthier choices.

Some workplaces may choose to implement a healthy fundraising policy as part of a wider workplace health and wellbeing policy. Others may simply be about suggesting healthier alternatives.

**This resource provides a raft of fresh and appealing ideas for fundraising in your workplace.**





# NON-FOOD FUNDRAISERS

Fundraising doesn't have to involve unhealthy food and treats. From raffles to exercise challenges, there are lots of creative ideas to get everyone involved in a healthier way.

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## Raffle

The good old raffle is always a crowd pleaser!

Raffle ticket booklets can be purchased from a local newsagency. Prizes – approach local businesses to see if they will donate a prize. Set your ticket price according to the quality and value of prizes. E.g. 1 for \$5 or 3 for \$10, 1 for \$10 or 3 for \$20 etc. Get selling!

## Trivia night

A trivia night is a great way to get your work colleagues together, learn something new and have a few laughs. An event like this is always bound to reveal some unknown quirks too!

## Pedometer challenge

Encourage workers to get active by holding a pedometer challenge! It's an easy and fun event to organise.

## Casual for a cause

Hold a regular 'casual clothes day', where workers contribute a gold coin to a local charity for the opportunity to wear non-work attire. Encourage staff to get involved by nominating a charity of their choice. You could include this on a social club calendar to encourage whole of workplace involvement.

## Seedlings or plants

For the workplace 'green thumb'. Support local nurseries or shop online for seedlings and plants to be sold as a fundraiser.

## Sunscreen

Sunscreen is an essential item to protect the skin from sun damage. This is a definite 'health promoting' fundraiser!

## First aid kits

First aid kits are a useful item that can be kept in the home or even in the car.

## Workplace healthy recipe book

A recipe book is a perfect way to share ideas and fundraise with an item that is unique to your workplace. They also make a great gift!

# HEALTHY FOOD FUNDRAISING IDEAS

## Sausage sizzle – the healthy way

Everyone loves a 'barbie' and why not use the opportunity to raise some dollars?

Instead of the grease-fest, why not opt for some healthier ingredients? After all, a healthy worker is a happy worker.

As a basic cooking method, barbequing is a healthy choice. Where it falls down is the inclusion of high fat sausages and greasy burgers; not to mention the high salt sauces. So there are a couple of key things to remember next time you organise a workplace barbeque.

### Cut the fat

- Choose leaner cut of meats and trim any visible fat
- Avoid high fat options such as chops and sausages
- Opt for lean, skinless poultry
- Select reduced fat and salt sausages and burgers
- Try chicken or kangaroo sausages or lean minute steak
- Kebabs are also a good option – skewered lean meat with vegetables and fruit add colour and variety
- Try cooking a large stir fry on the barbeque
- For convenience, use pre-cut vegetables and sliced chicken breast with reduced salt soy sauce and a small amount of honey.

### Veggies

Always include vegetarian options such as:

- Zucchini burgers or lentil patties
- Vegetarian soy-based sausages
- Barbeque corn cobs and serve with mustard
- Grilled vegetables such as eggplant, mushrooms, zucchini or sweet potato
- Tinned pineapple rings, in natural juice, grilled on the barbeque are an easy and cheap option
- A vegetable slice is also a tasty vegetarian alternative.

### Swap the oil and sauce

- Use only a small amount of mono or polyunsaturated spray oil, such as canola, olive or sunflower oil
- Serve with no added salt sauces.

### Serve with sides

- Salads are a good way to bulk up what's on offer while also encouraging veggie consumption
- Choose meat free salads if you already have meat on the barbeque.

### Something sweet

- Finish a barbeque with something sweet and fresh by offering fruit (e.g. frozen fruit or fruit salad).

### Thirst Quenchers

Offer healthier drink options:

- Plain water (including plain, mineral and soda water)
- Diet soft drink varieties
- Small servings (<200ml) of 99% fruit juice.

If alcohol is available, always ensure the responsible serving of alcohol. The Australian National Guidelines recommend drinking no more than four standard drinks on a single occasion to reduce the risk of alcohol-related injury arising from the occasion.

For more information see [www.alcohol.gov.au](http://www.alcohol.gov.au)





## Soup Fundraiser<sup>1</sup>

- Soup can be prepared quickly, inexpensively and made in advance. Make a large pot of soup, and decant into mugs (workers' own) or disposable cups
- Offer a variety of soups to appeal to different tastes ensure there is a vegetarian option available
- Encourage the use of seasonal vegetables to keep costs down and support local farmers
- For creamy soups, use reduced-fat milk, light evaporated milk or ricotta cheese instead of cream
- Serve soup with crusty wholemeal or multigrain bread rolls
- Fundraising can occur by either selling soup 'by the mug or cup' or asking workers to make a gold coin donation in order to participate
- Pending the fundraiser's success, you may opt to hold a regular 'soup club' where different staff members bring in a pot of soup each week through the winter months.

## Smoothie or salad fundraiser

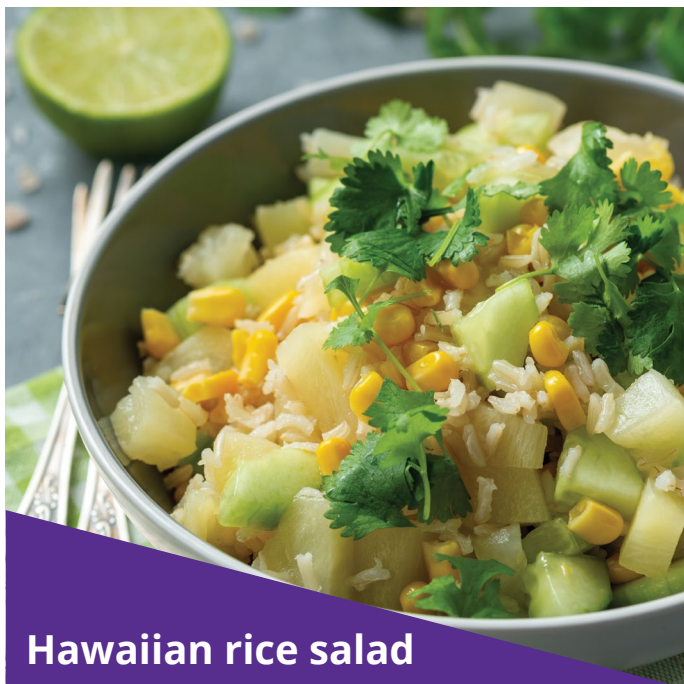
- A summer alternative to soup club could include smoothies or salads!
- Remember to encourage the use of in season fruit and vegetables
- Use reduced fat milk and yoghurt in smoothies
- Use reduced fat cheese in salads
- Encourage salads with legumes like chickpeas and four bean mix - they're high in fibre and protein to keep workers fuller for longer
- Use reduced fat salad dressings or a simple squeeze of lemon or lime juice, or a drizzle of vinegar.

<sup>1</sup> This content has been influenced by the Department of Health and Human Services, Tasmania (2012), Healthy Workplace Resource Toolkit.





# HEALTHY FUNDRAISING RECIPE IDEAS



Hawaiian rice salad



Vegetable slice



Lentil pattie burgers



Zucchini burgers





# HAWAIIAN RICE SALAD

Need a different number of serves?

Serves 20	Serves 10	Serves 25	Serves 50
500 g quick cook brown rice	250 g	625 g	1.25 kg
440 g can corn kernels	½ can – 220 g	1 ¼ cans – 550 g	2 ½ cans – 1.1 kg
4 sticks celery, sliced	2	5	10
6 spring onions, sliced	3	7	15
10 slices lean ham, diced	5	12 ½	25
3 medium carrots, grated	1 ½	4	8
2 red or green capsicums, diced	1	2 ½	5
440 g can pineapple pieces, drained	220 g	550 g	1.1 kg
150 mL oil-free salad dressing	75 mL	190 mL	375 mL
Black pepper, to taste	To taste		

## Method

- 1 Prepare rice according to directions on packet
- 2 Mix ingredients in a large bowl
- 3 Refrigerate before serving



# VEGETABLE SLICE

Need a different number of serves?

Serves 16	Serves 32	Serves 48
1 packet (approximately 300g) of frozen spinach (defrost and squeeze out most of the moisture before adding to the mixture)	2 – 600g	3 – 900g
1 tsp baking powder	2 tsp	3 tsp
1 tsp baking powder	2 tsp	3 tsp
½ tsp bicarbonate of soda	1 tsp	1½ tsp
1 cup semolina	2 cups	3 cups
½ cup gram flour (chick pea flour)	1 cup	1½ cups
½ cup oil	1 cup	1½ cups
1 cup of reduced fat yogurt	2 cups	3 cups
2 cups mixed frozen vegetables	4 cups	6 cups
2 tsp grated ginger (optional*)	4 tsp	6 tsp
2 large cloves garlic, crushed (optional*)	4	6
1 tsp sweet chilli sauce (optional*)	2 tsp	3 tsp
Sesame seeds – sprinkle with sesame seeds prior to baking		

## Method

- 1 Preheat oven to 180°C
- 2 Line a 19cm x 27cm baking tray with grease proof paper or spray lightly with canola oil
- 3 Mix all ingredients together and transfer to baking tray
- 4 Sprinkle with sesame seeds
- 5 Bake for approximately 30 minutes or until golden (do not overcook as the edges will become very dry)
- 6 Cut the slice into squares for serving





# LENTIL PATTY BURGERS

Need a different number of serves?

Serves 20	Serves 10	Serves 25	Serves 50
440 g can lentils	½ can – 220 g	1 can – 440 g	2 cans – 880 g
3 cups potatoes, mashed (870 g raw potato)	1 ½ cups – 435 g raw	3 ¾ cups – 1 kg raw	7 ½ cups – 2.2 kg raw
2 onions, finely chopped	1	2 ½	5
1 ½ cups rolled oats	¾ cup – 70 g	2 cups – 180 g	3 ¾ cups – 360 g
1 cup wholemeal bread crumbs	½ cups – 60 g	1 ¼ cups – 155 g	2 ½ cups – 310 g
Pinch cumin	pinch	pinch	¼ tsp
Pinch chilli powder (optional)	pinch	pinch	¼ tsp
3 eggs, beaten	2	4	8
½ cup parsley, finely chopped	¼ cup	½ cup	1 ¼ cups
125 mL lemon juice	60 mL	155 mL	310 mL
1 cup All Bran	½ cups	1 ¼ cups	2 ½ cups
Oil to brush			
20 bread rolls	10	25	50
Assorted salads			

## Method

- 1 Preheat oven to 180°C
- 2 Mix washed and well-drained lentils and other ingredients together, except bran
- 3 Form into 90 g patties
- 4 Coat in bran and brush lightly with oil
- 5 Place on a tray and bake in an oven for 5-8 minutes on each side
- 6 Place onto bread rolls with your choice of salad items (e.g. shredded lettuce, tomato slices, grated carrot, pineapple rings, onion rings, beetroot, etc.)

Note: could be served with mild chilli sauce or satay sauce. The patties could also be cooked in an electric frypan.



# ZUCCHINI BURGERS

Need a different number of serves?

Serves 10	Serves 25	Serves 50
3 medium zucchinis, grated	7	14
4 slices wholemeal bread, crumbed	9	18
½ cup Parmesan cheese	1 cup – 125 g	2 cups – 250 g
4 eggs, beaten	9	18
1 tablespoon basil, chopped	2 tbsp	4 tbsp
1 tablespoon oregano, chopped	2 tbsp	4 tbsp
1 large onion, grated	2	4
2 tablespoons parsley, chopped	2 tbsp	4 tbsp
10 bread rolls split in half	25	50
Assorted salad items		

## Method

- 1 Preheat oven to 180°C
- 2 Combine grated zucchini, breadcrumbs, cheese, eggs, herbs and onion in a bowl and mix well
- 3 Form into patties and place on a greased tray
- 4 Bake in the oven until brown
- 5 Place onto bread rolls with your choice of salad items (e.g. shredded lettuce, tomato slices, grated carrot, pineapple rings, onion rings, beetroot, etc.)

These patties may also be cooked in a greased non-stick shallow pan.



For more information visit  
[gethealthyatwork.com.au](http://gethealthyatwork.com.au)

