



This resource aims to assist you to promote health and wellbeing whilst raising funds for Cancer Council Queensland.

Up to a quarter of cancers can be prevented by a healthy diet, physical activity and maintaining a healthy body weight. Discretionary food and beverages such as chocolate, biscuits, sausages, chips and soft drinks are commonly used as a focus at fundraising events. These foods contain high amounts of saturated fat, sugar and/or salt. Consuming too many of these foods and drinks can contribute to poor health and can lead to being overweight and obese. By raising funds in a healthy way, you are helping to tackle these health problems and reduce cancer risk in your community.

Why is healthy fundraising important?

- Reduces cancer risk by encouraging healthy eating and drinking, physical activity and sun safe behaviour.
- Raises funds whilst promoting health and wellbeing.
- Represents Cancer Council Queensland as a healthy organisation.
- Shows the community that you care about health.
- Demonstrates positive role modelling.
- Aligns with Cancer Council Queensland's health messages and mission.
- Aligns with national guidelines and recommendations for reducing cancer risk.
- Creates a healthy community.

Quick checklist

- ☐ Is your event promoting healthy food and drinks?
- ☐ Is your event SunSmart e.g. sunscreen, shade and hats available?
- ☐ Are you encouraging people to be active?
- ☐ Have you removed unhealthy prizes and incentives from your prize pack?
- ☐ Is the event smoke free?

Please see over for Healthy Fundraising Ideas and Prizes.



For more information and to register for a Cancer Council Queensland fundraising event visit **cancerqld.org.au** or call our fundraising hotline **1300 65 65 85.**

Healthy fundraising ideas



Bootcamp

Physical challenges
eg. walk-a-
thons

Dance
competitions

Bowls day

Sports
Challenges

Scavenger
hunt

Craft sale

Scrap-
booking

Book fair

Garage sale

Dunking
machine

Bike rides

Theatre night

Non-food
raffles

Pumpkin
carving

Apple bobbing

Girls' Night In

Trivia/quiz night

Pamper night

Silent disco

I Can Go
Without

Movie night

Fun runs

Yoga/Pilates

Spelling bee

Games day

Cooking demo

Auctions

SunSmart
pool party

Alcohol free
month

Healthy
cook-off

Market day

Clothes swap

Fashion
parade

Smoothie stall

Relay For Life

13 11 20

All Queenslanders, all cancers.
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Healthy prize ideas

Fruit and veggie basket

Create a basket full of fresh, seasonal fruits and vegetables. Include some exotic or unusual fruits for a new twist.

Healthy meat tray

Include lean steak, skinless chicken breast, lean stir fry strips, chicken or beef skewers and a nice marinade.

Veggie BBQ pack

Include felafel burgers, vegetarian patties, vegetable skewers and sliced capsicum, zucchini and eggplant for grilling.

Cooking equipment

An egg poacher, health grill, non-stick baking dishes, storage, herbs and spices, blender, dicer.

Themed meal kits

For example an Asian meal kit: tinned baby corn, water chestnuts, tofu, noodles and reduced salt stir-fry sauce.

Gardening items

Gloves, hats, seeds, seedlings, soil, small tools, pots and a gardening guide.

Sporting goods

Backyard cricket set, tennis balls, soccer balls, exercise mats, boxing gloves, volleyball net, tether tennis.

Camping equipment

Hiking maps, fishing rods, compass, mattress, insect repellent sunscreen, gas stove.

Subscription to health magazines

Source a 12 month subscription to a women's and a men's health magazine.

Discount vouchers

Bowling clubs, sport clubs, gyms, recreation centres, tickets to sports games, groceries.

SunSmart pack

Include a long sleeved, collared shirt, wrap-around sunglasses, a broad brimmed hat and some SPF 30 or above sunscreen.

Relaxation hamper

Include massage vouchers, pilates DVDs, meditation CDs, soap and candles.

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