

Healthy fundraising and events

Thank you for choosing to fundraise for Cancer Council Tasmania (CCT). This resource is designed to help you choose healthy ways to raise money for CCT that also helps support our mission: To reduce the incidence and impact on cancer on all Tasmanians.

More than 9 Tasmanians a day are diagnosed with cancer. Although we don't know what causes all cancers, we do know that up to a third of cancers can be prevented through healthy lifestyle choices, such as choosing a healthy diet, increasing physical activity and maintaining a healthy body weight. There are many ways that you can support a healthier community through fundraising the healthy way:

- Choose snacks and drinks that are lower in saturated fats, sugars and salts. Click [here](#) for some healthy snack and drink ideas and recipes.
- Choose prizes that support an active lifestyle. For example a family pass to your local swim centre, raffle a bike or invite your friends to sponsor you to walk/swim/ride a certain distance.

By changing small things about the way you fundraise, you can have a big impact on reducing the cancer risk in your community.

Why is healthy fundraising important?

- By following national guidelines that encourage healthy eating and drinking, physical activity and sun safe behavior we can all help to reduce cancer risk
- Raises funds whilst promoting health and wellbeing.
- Shows the community that you care about health.
- Demonstrates positive role modelling.
- Creates a healthy community.

Quick checklist

- Does your event promote and provide healthy food and drinks?
- If outdoors, is your event SunSmart e.g. are sunscreen, shade and hats available?

- Are there opportunities to encourage people to be active at your event?
- Have you looked into healthy prize options and incentives from your prize pack?
- Is the event smoke free or provide smoke free spaces?
- Are alcohol guidelines in place to help people follow standard drink recommendations? Click [here](#) to find out more. Does your event provide alcohol free beverage choices?

Please see over for Healthy Fundraising Ideas and Prizes.

SEVEN SIMPLE STEPS
you can take to reduce your cancer risk

cancer.org.au/reduceyourrisk

Cancer Council Tasmania

For more information or to register your event visit:

<https://www.cancertas.org.au/get-involved/>

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

Healthy fundraising prize suggestions



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 falafel 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 SPF30 or above sunscreen.

Relaxation hamper

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