

“Romona Rocks” Family Fun Run



Guilt-Free School Fundraisers Are Replacing Candy Pushers

Chocolate bars. Take and bake pizza and cookies. Popcorn. Lollipops. Candy canes. Candied nuts. The list of typical school fundraisers goes on and on, and none of it is any good for you.



True, there's always wrapping paper, pencils or magazines, but how much of that does one family need? Many schools have come up with new and creative ways to raise funds, with the added bonus that some of these new fundraisers work hard to help improve the **nutrition in the students**. After all, kids who eat healthier have better immune systems, which translates to fewer missed days at school. Kids who aren't tired due to a poor diet have more energy and often have less discipline issues – all benefits that every school could use.

Here are some great healthy fundraising ideas for your school to try:

The **Romona Elementary School PTA** introduced the Annual Romona 1K Family Fun Run in the spring of 2011. Entire families are encouraged to run/walk together as a way to kick-off the warm weather. Donations are accepted and the proceeds go to the PTA.

