



## FOOD CHOICES FOR VENDING AND FUNDRAISING

PERISHABLE / NON PERISHABLE FOOD OPTIONS		
Non-Perishable	Perishable	Hot Foods
<ul style="list-style-type: none"> <li>• 100% Fruit or Vegetable Juices</li> <li>• Hot Chocolate Mix (</li> <li>• Canned Fruit</li> <li>• Milk pudding</li> <li>• Cereal Bars</li> <li>• Granola Bars (not dipped)</li> <li>• Fig/Apple/Raspberry Bars</li> <li>• Oatmeal Raisin Cookies</li> <li>• Peanut Butter Cookies</li> <li>• Rice Cakes</li> <li>• Crackers</li> <li>• Cookies</li> <li>• Packaged snacks: Crackers &amp; Cheese Crackers &amp; Peanut Butter Crackers &amp; Tuna</li> <li>• Nuts &amp; Seeds</li> <li>• Pretzels</li> <li>• Popcorn</li> <li>• Breadsticks</li> <li>• Trail Mix</li> <li>• Dried Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables &amp; Dip</li> <li>• Milk, skim, 1%, 2%</li> <li>• Chocolate milk 1%</li> <li>• Low Fat Cheese Portions</li> <li>• Cheese Strings</li> <li>• Yogurt (light)</li> <li>• Bagels</li> <li>• Bran or Oatmeal Muffins</li> <li>• Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>• Soup and Whole Wheat Bun</li> <li>• Chili &amp; Whole Wheat Bun</li> <li>• Submarine Sandwiches (using lower fat cheese and lean meat)</li> <li>• Pizza Buns or Pizza</li> <li>• Beef, Pork, Chicken or Turkey on a Bun</li> <li>• Spaghetti &amp; Tomato Sauce</li> <li>• Soft Tacos</li> <li>• Stew &amp; Bannock</li> <li>• Hamburger</li> <li>• Baked Potato Wedges and</li> </ul>
	Frozen Vending	
	<ul style="list-style-type: none"> <li>• Dixie Cup</li> <li>• Frozen Yogurt Novelties</li> </ul>	

### FUNDRAISING IDEAS

Here are some examples of non-food related options that can be used to raise funds and provide an alternative to food options.

<ul style="list-style-type: none"> <li>• Walk-a-thon</li> <li>• Casual Dress/Wear Jeans to work</li> <li>• Silent Auction</li> <li>• Raffle Tickets</li> <li>• 50/50</li> </ul>	<ul style="list-style-type: none"> <li>• Money cards to support local businesses</li> <li>• Holiday/Gift Wrapping Services</li> <li>• Flowers</li> <li>• Book Sale</li> <li>• Gas Cards/Grocery Cards</li> </ul>
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Raising funds is a great way to educate individuals on variety of food options available and to promote a variety of cultural food choices as a region. Here are some options that can be used to raise funds and provide a variety of food options.

<ul style="list-style-type: none"> <li>• Citrus and other fresh fruit</li> <li>• Soup making kits with a bag of vegetables, such as cabbage, carrots, turnip, and potatoes, and a packet of pre-portioned seasonings</li> </ul>	<ul style="list-style-type: none"> <li>• Spices</li> <li>• Canned or dried fruits</li> <li>• Pasta and sauce kits</li> <li>• Coffee beans</li> <li>• Different varieties of tea</li> <li>• Low fat muffin mixes</li> </ul>	<ul style="list-style-type: none"> <li>• Dried or roasted beans, lentils and peanuts</li> <li>• Nuts and cheese</li> <li>• Cheese</li> <li>• Food gift baskets</li> <li>• Flavoured rice varieties</li> </ul>
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