

Fruit Smoothie Fundraiser

Piloted at Mission High School in Spring 2004

Students held a fresh smoothie fundraiser during one of the 4 permitted fundraising days. Students made and sold fruit smoothies that were compliant with new SFUSD nutrition policy.

Steps to pilot a smoothie fundraiser at your site:

- Purchase blenders (we purchased 4 through LEAF funds) or bring blenders from home for the day
- Purchase ingredients (below) and 8 or 12 ounce cups
- Smoothie Recipe (1/4 fruit juice, 1/2 cup frozen fruit, 1/2 cup yogurt, honey to taste)
- Prepare/cut fruit (if frozen, not necessary)
- Advertise smoothie fundraiser around school – have students create posters

Lessons Learned at MHS Smoothie Fundraiser:

The smoothies were sold for \$1 for a 16 ounce smoothie. MHS sold 400 smoothies and student profited \$400 (minus ingredients which were donated). We recommend selling a 8 or 12 ounce cup for \$1 otherwise it is difficult to make much of a profit for the students. We also recommend spending some time in advance prepping the ingredients, as the line of students was too long. Another fun thing we did was have each class (9th, 10th, 11th, and 12th) fundraise by selling their own flavor. Students have a choice – choose the flavor you like most or choose the flavor to support your class!!!

MHS will be offering another smoothie fundraiser in 2004-2005 – it was healthy and successful and the students loved it!