## 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 <u>here</u> 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 <u>here</u> to find out more. Does your event provide alcohol free beverage choices?

### Please see over for Healthy Fundraising Ideas and Prizes.



#### For more information or to register your event visit: https://www.cancertas.org.au/get-involved/



13 11 20 www.cancertas.org.au 1300 65 65 85

# Healthy fundraising ideas





13 11 20 www.cancertas.org.au 1300 65 65 85

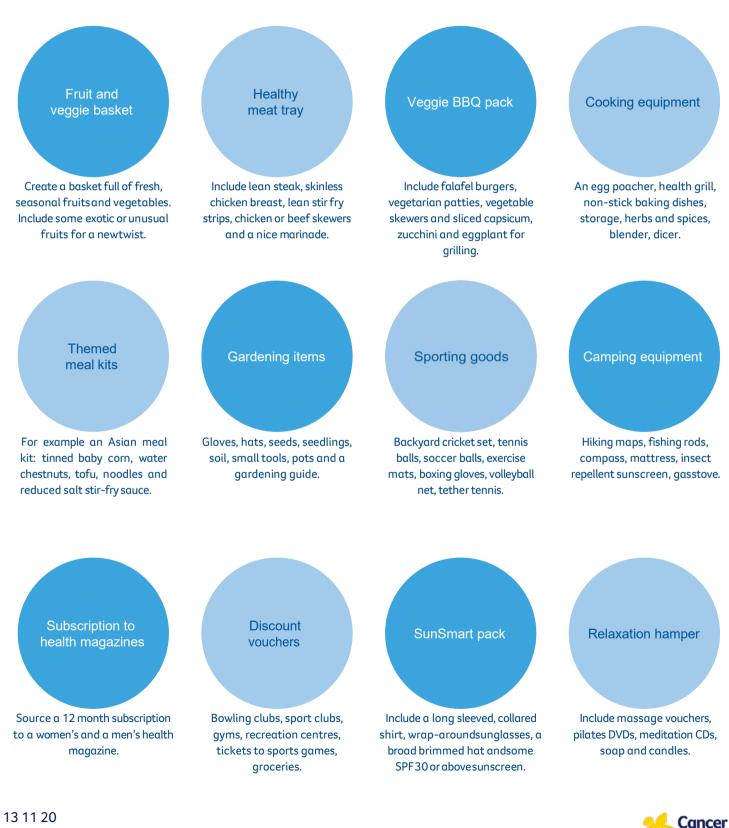


# Healthy fundraising prize suggestions



Council

Tasmania



www.cancertas.org.au 1300 65 65 85