

# Pima County Employee Wellness Program

## Healthier Fundraising Suggestions

[www.pima.gov/hr/health](http://www.pima.gov/hr/health)

### Product sales

#### Non-Food Items

- Books
- Calendars and Planners
- Candles
- Coffee Cups or Mugs
- Cookbooks
- Coupon Books
- Emergency Kits for Cars and Home
- First Aid Kits
- Flowers and Plants
- Gift Baskets
- Gift Wrap, Boxes, and Bags
- Greeting Cards
- Holiday Decorations
- Household Items
- Jewelry
- Key Chains & Bumper Stickers
- Hats & T-shirts
- Lotions, Perfumes, etc.
- Magazine Subscriptions
- Music CDs and Videos
- Stationary
- Stuffed Animals

#### Food Items

- Baked Potato Bar
- Dried Fruit and Nuts
- Frozen Yogurt
- Fruit and Yogurt Parfait
- Fruit Salad
- Low-fat Popcorn or Pretzels
- Fruit Smoothies
- All-fruit Snacks
- Salsa Cup with Low Fat Chips
- Sandwich and Salad Bar
- String Cheese
- Veggie Sticks with Low Fat Ranch Dressing
- 100 Calorie Snack Packs
- Apple Dippers

### Activities

- Walk or Jump-A-Thon
- Manager Dunk Tank
- Candles
- Obstacle Course
- Penny War
- Flower-Gram
- Holiday Gift Wrapping
- Rummage Sale

Do you have another idea to add to the list? Let us know!



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