

# Fundraising Ideas

## 2017 Heart Walk



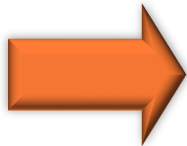
Find new ways to engage employees and walkers while contributing to your company's Heart Walk fundraising efforts!

### Instead Of...



### Try...

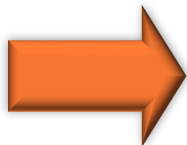
An ice cream social



- ⇒ Green, no-added-sugar smoothie demo
- ⇒ No-added-sugar yogurt parfait



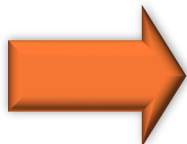
An unhealthy lunch sale



- ⇒ Salad bar with healthy fats
- ⇒ Low-sodium burrito bowl potluck



A bake sale



- Heart-healthy snack sale
- ⇒ Sell raw, spiced or no-salt-added nuts
- ⇒ No sugar/salt-added granola bars



## Other Ideas

- ⇒ Silent and/or live auction
- ⇒ Sports tournament
- ⇒ Jeans days
- ⇒ Minigolf tournament
- ⇒ Heart sales
- ⇒ Office dance party
- ⇒ Parking spot incentive
- ⇒ Adult/corporate recess
- ⇒ Letter writing campaign
- ⇒ Stair climbing challenge

*Flip to the back for AHA recipe ideas!*

## Apple and Walnut Chicken Salad with Green Salad

### For the Chicken Salad:

- 1/4 cup fat-free, plain yogurt
- 2 Tbsp light mayonnaise
- 1/4 tsp salt-free, dried Italian spice blend or dried thyme, dried basil or both combined
- 2 cups skinless, shredded chicken breast of a rotisserie-cooked chicken **OR** 20 oz canned, salt-free white meat chicken (drained)
- 3 Tbsp chopped, unsalted, uncoiled walnuts (or whatever nuts are on sale)
- 1/2 cup halved, seedless grapes **OR** sugar-free, dried fruit like prunes or cranberries
- 1 red (sweeter) or green (more tart) apple, finely chopped

### For the Green Salad:

- 1 head lettuce (green leaf, red leaf or romaine), cut into bite-size pieces
- 1/2 chopped cucumber (chopped, peeled if desired)
- 1 large tomato (chopped)
- 1 Tbsp extra-virgin olive oil or canola oil
- 1 Tbsp **red vinegar, white vinegar, or lemon juice**



**3.42** Price per serving



**272** Calories per serving



**2.0 g** Sat. Fat per serving



**334 mg** Sodium per serving



## Avocado and Coconut Refresher Smoothie

- 2 small avocados
- 3 cups unsweetened almond-coconut milk
- 3 cups frozen mango cubes



**2 cups** Serving size



**241** Calories per serving



**1.6 g** Sat. Fat per serving



**140 mg** Sodium per serving



## Berry Nuts Granola Bars

- 1 cup dried, unsweetened cranberries
- 2 cups old-fashioned oats, divided
- 1/2 cup sliced, unsalted almonds
- 1/4 cup flax seeds
- pinch salt
- 2 tablespoon canola oil
- 1/4 cup maple syrup
- 1/3 cup reduced-fat peanut butter

**\*See directions at:**

**<https://recipes.heart.org/categories/6/snacks>**



**1** Serving size



**180** Calories per serving



**1.1 g** Sat. Fat per serving



**56.5 mg** Sodium per serving



**For more AHA recipes go to: <https://recipes.heart.org/categories>**