

**Healthier school discos**

School discos are often used to raise funds through the sale of RED items like soft drinks and lollies. With some extra creativity, these events can be consistent with *Smart Choices* while still raising funds for schools.

Consider the following ideas:

* sell water, juice or flavoured milk instead of soft drinks
* purchase or hire a fruit slushie machine
* set up a smoothie bar where children and young people can create their own healthy drinks
* purchase or hire a popcorn machine and serve the popcorn in movie-style cardboard boxes (avoid butter and salt – try olive oil instead if required)
* if there is access to a kitchen, serve snacks that are consistent with *Smart Choices*. Examples include toasted pita bread or rice crackers with salsa, reduced-fat cheese and guacamole, and homemade pizzas with lean meat, lots of vegetables and a sprinkle of reduced-fat cheese
* ask parents to donate items from a selection of healthy recipes, like those available from QAST (<https://qast.org.au/emenu/>) or Nutrition Australia Queensland (<https://naqld.org/recipe/>). Talk to the tuckshop convenor about any food safety requirements.

Non-food ideas may include:

* adding some colour to the event by selling glow sticks, coloured hairspray or face painting
* having a dress-up theme with small prizes for the best dressed
* having a lucky door prize such as a voucher from the tuckshop or voucher to purchase music online, with each child or young person receiving a ticket when they enter the disco.