

# Pizza Fundraisers

Selling pizza is a way that many schools raise money but, that sometimes means students miss out on a healthy food. Offering healthier options makes it easier for children to make the healthy choice. Make your pizza day a little more nutritious.

## Healthier Pizza Choices

These tips work for school and home:



- Choosing thin crust pizza
- Opt for whole grain or whole wheat crust
- Try grilled chicken instead of the processed meats
- Ask for lower fat cheese (<20% milk fat)
- Ask for a little less cheese and pizza sauce
- Add more vegetables or fruit - peppers, mushrooms, onions, tomatoes, spinach or pineapple.....

When selecting fundraising options:

Work with the pizza provider to build pizza choices for your students. More vegetable options make a pizza healthier!

Compare pizza options from different pizza providers to be able to choose the healthier selection.

For pre-made store options, compare nutrition facts tables to choose ones with more vegetables and less sodium and fat.

## Whole Wheat Pizza Dough

### Ingredients:

- 2 1/2 cups whole wheat flour
- 1 Tb instant yeast
- 1 cup warm water
- 2 Tb vegetable oil
- 1 tsp sugar
- 1 tsp salt

### Directions:

1. Mix all ingredients in a large bowl with a spoon.
2. Knead in 1/2 cup flour if needed.
3. Form in to a ball.
4. Cover and let rise for 20 minutes.
5. Spread dough on a greased pizza pan
6. Add toppings and....
7. Bake 15-20 minutes at 450°F



## More Tips

- Offer sliced vegetables or fruit for students to enjoy - with their pizza or while waiting for it to arrive.
- Ask parents to pack vegetables or fruit “appetizers” for their children on pizza day.
- If your facility has a kitchen, have children make their own pizzas using whole wheat pitas, whole wheat English muffins or the pizza crust recipe above. Have a variety of chopped vegetables and let children add the toppings of their choice.