

Pizza Fundraisers

Selling pizza for lunch is a way that many schools raise money. Unfortunately, serving pizza sometimes means students miss out on a healthy food. Here are some tips to make your pizza day a little more nutritious.

Healthier Pizza Choices

Offer healthy options at your school event to help make the healthy choice the easy choice for children. Check out these healthier pizza options:



- Choosing thin crust pizzas instead of regular.
- Opt for whole wheat or whole grain crust instead of white.
- Try grilled chicken instead of processed deli meats like pepperoni, ham or bacon.
- Ask for lower fat cheese (<20% milk fat) instead of regular fat cheese.
- Ask for the pizza to have half the regular amount of cheese and pizza sauce.
- Add vegetables to your pizza, like mushrooms, peppers, onions, tomatoes, and spinach.

Work with the pizza provider to be able to offer these healthier options for students. The more options you include on a pizza, the healthier it is!

In addition, compare nutrition facts among pizza providers in your area to choose the one with the healthiest options available.

Whole Wheat Pizza Dough

Ingredients:

- 2 1/2 cups whole wheat flour
- 1 tbsp. instant yeast
- 1 cup warm water
- 2 tbsp. 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. Form in to a ball.
3. Cover and let rise for 20 minutes.
4. Spread dough on to a greased pizza pan
5. Add toppings and bake for 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. You may also suggest that parents send vegetables or fruit to eat with their pizza.
- 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. Provide a variety of chopped vegetables and let children add the toppings of their choice.