



HOW TO: HOST A BRAINY BAKE SALE

A great way to mark Brain Week is to host a bake sale using foods known for their brain boosting qualities. It's simple – just get students, staff, family and any other supporters preparing goodies to sell at recess or lunch time. It's a popular and delicious way to raise some extra funds for your school's Brain Week. Here's some healthy snack ideas to help get you started.

BRAINY BITE-SIZED BLISS BALLS

Bliss balls are full of fibre, vitamin and minerals, and they help to sustain kids' energy levels all day.

1 cup sunflower seeds
2 cups walnut halves
8 dates, fresh, pitted and coarsely chopped
1 cup desiccated coconut
2/3 cup cocoa powder
1 pinch salt ¼ cup filtered water

DIRECTIONS

1. Combine all ingredients in a food processor and process until the mixture forms a dough.
2. Add a little extra water if needed to ensure mixture is well-combined.
3. Form the dough into medium-sized balls by rolling portions between your palms.
4. Place the finished balls on a tray lined with waxed paper, or in a container, and chill for 30 minutes before serving

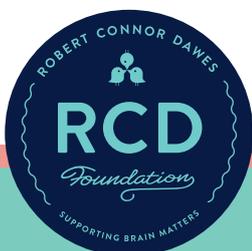
DRIED BERRY TRAIL MIX

Mix & match dried berries with nuts (if not a nut-free zone) and seeds of your choice. Add some dark chocolate chips or cacao nibs to make it even more brain-healthy.

BERRIES & CREAM

Fill small cups with plain Greek yoghurt, and top with delicious fresh berries.

Tip: Bake Sales can be supported by donations of food items to bake with, baking undertaken by family and friends, and maybe even donations of items to sell. Finally, don't forget to advertise your Bake stall! You can use the activity posters we provide to promote your event or download a poster template from our website.



7 days to make #BrainsMatter

May 7 - 11



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