



## HOST A “BRAINY BAKE SALE”

A great way to mark Brain Week is to host a Brainy Bake sale – you could also include healthy Brain Snacks to help make you smarter.

It’s simple – just get students, staff, family and any other supporters preparing goodies to sell at snack or lunch time. It’s always a popular way to raise some extra funds for your Brain Week fundraising.

Here’s some healthy Brainy Snack ideas to help get you started.

### 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.*

### BRAINY BITE-SIZED BLISS BALLS

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

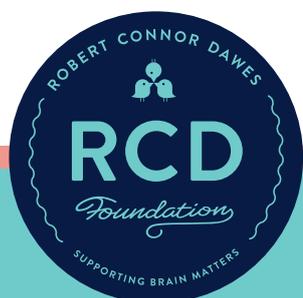
#### What you need:

- 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:

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

You can mix and match nuts and seeds, and try other healthy ingredients such as dried fruit, chia, vanilla, goji berry, honey or even dark chocolate for even more bliss! Just remember to check your school’s nut policy.



7 days to make #BrainsMatter

May 1 - 5



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