



Fundraising A to Z

We're putting the fun in fundraising! With no shortage of ideas, from the artsy to the zany. Get creative and have fun, while making a meaningful difference.

A

AEROBICS-ATHON To stay fit and healthy, organize an aerobics-athon. It'll make you feel good about supporting us.

AUCTIONS Find things you or your friends own to auction off. You could also ask local businesses to support you with prizing. Raise money by hosting a silent or live auction.

B

BACKYARD BBQ Fire up the grill, get your apron on and invite everyone you know. Charge a flat rate for everyone to come and eat.

BAKE SALE This one will never get old. Find that new recipe you've been meaning to try. The fancier the cupcake, the more you can sell it for!

BASEBALL TOURNAMENT Hit it out of the park with family and friends for lung health and test your bat-flipping antics while you're at it. Charge a participation fee for the tournament.

BINGO NIGHT Get ready for the satisfaction that comes from yelling out the word "BINGO!" Every player has to pay for each BINGO card they receive.

BOWLING COMPETITION Get your t-shirt ready, clean your shoes and shine your bowling ball - and don't forget the most important thing - a witty team name. Each team contributes a donation.

C

CAROL FOR A CAUSE Singing doesn't have to be limited to the holidays. Sing for anyone who will listen and ask for a donation. The better the singing, the higher the donation!

CAR WASH Find a busy location. Make some signs. Blast some music. And let the soap suds begin. Set different prices for motorbikes, cars and SUV's. See if you can get a local celebrity or radio station to join in on the fun.

CHORES FOR CHARITY We know you probably hate doing chores, but it will be a little less painful if you're raising money for a good cause. Offer to vacuum a friend's house, or, for a really high price, clean their bathrooms.

D

DOG WALK Offer to walk your neighbours' dogs for a minimum donation amount. Dogs need healthy lungs too!

DODGEBALL TOURNAMENT This will bring you back to your school gym days! Organize different teams with an entry fee for participation. See how quick your reflexes still are.

DRESS DOWN DAY Ask your employer about starting a dress down day month-long campaign to raise money for The Lung Association. Friday's are usually the best day. Colleagues can participate with a donation on each Friday.

DANCE OFF Think you have what it takes to become the Dance Off office or school champion. Whether it's ballroom or breakdancing, raise the roof and raise money for lung health.

E

EBAY YOUR STUFF Why do I still have these unwanted clothes and toys, you might ask. Sell your unwanted stuff online and donate the money or a portion for The Lung Association.

ELEVATOR CHALLENGE Why spend hours doing step-ups in the gym? Ditch the elevator and take the stairs. Get sponsored per step. You'll make money while shedding the pounds. If you work in a tall office building, you'll really have a challenge on your hands.

F

50/50 RAFFLE Set a ticket price then sell tickets to your network. Once tickets are all sold you can hold a draw. The winner gets half the pool of money while the other half goes towards your fundraising efforts. You can also offer bundle ticket pricing to encourage people to buy more.

FOOD EATING CONTEST Hot dogs, pies and whatever else you can think of. Just make sure to have some antacids close by.

FAVOURITE FOOD CHALLENGE How long could you go without eating your favourite food? Why not give up something you really enjoy for 24 hours or a week?

FOOTBALL POOL Hands up who hasn't taken part in a football or basketball office pool. Ah, the excitement of making your picks and then willing them on to victory. How about holding an office pool and donating the winnings to The Lung Association. The winner gets the office bragging rights!

G

GIFT WRAPPING for good. Offer to wrap gifts for anyone during the holidays charging different amounts for different sized gifts.

GOLF MARATHON How about getting teams together and organizing a golf scramble marathon with teams playing hours of golf and raising money. Could you manage 100 holes of golf or more in a single day of playing!

H

HALLOWEEN PARTY For us the only thing better suited to costume dress than fundraising is Halloween so get your invites out and charge guests an entry fee to spend the night decorating pumpkins and eating recipes that are all treat — no trick.

HULA-HOOP-A-THON Think you left your Hula-hoop behind? Think again. Join the Hula Hoop craze sensation and host a 12 hour marathon. It can be open to all ages and you can give out prizes for the best style and tricks.

I

ICE CREAM SOCIAL Get all your favourite flavours and toppings. Invite family and friends. Charge a set amount for a magnificent ice cream sundae, with a cherry on top!

ICE HOCKEY COMPETITION Score a Hat Trick with an Ice hockey fundraiser. Whether you're just a squirt, a novice or a seasoned pro, organizing a hockey tournament is a great way to enjoy our nation's greatest pastime while giving back to the community.

J

JEWELRY MAKING PARTY Beads, clasps, pliers — everyone pays to get all the necessary supplies. Once you've all created your masterpieces — sell them as an addition to your fundraising.

JOB SWAPS Variety is the spice of life and this is a great way to break up your usual working routine. Put the names of your colleagues in one pot and donations in another and allow each person to draw out a name at random and spend a day walking in someone else's shoes.

K

KARAOKE COMPETITION Justin. Taylor. Adele. Who's your go to? Tone up those vocal chords and loosen those lips, it's time to raise some money for The Lung Association. Host a Karaoke competition in the office or at home with family and friends.

KNIT FOR A CAUSE Get bored on those long winter nights? Make use of them by putting your knitting needs to good use and start creating your woollen masterpieces that you can sell and donate proceeds to The Lung Association.

L

LIP SYNC BATTLE Move over Jimmy Fallon. You are ready to bring the lip sync battle to a whole new level. Find people who are up for the challenge and ask your audience to place their bets with donations. All you need is a good sound system and people willing to have a good time for a good cause.

LEMONADE STAND It's always hard to resist a lemonade stand! Make some gourmet flavours and charge a premium. What may seem like a small stand in front of your home can actually make an enormous difference!

M

MAGIC SHOW If you can figure out how to pull a rabbit out of a hat or make a coin appear from someone's ear, you're all set for this fundraiser.

MARATHON If you're already planning on running one, why not ask people to support your fundraising with a donation to The Lung Association.

MEDITATION-ATHON Bring it back to your breath. See how long you and your friends can meditate for. Collect pledges before the big day.

MOVIE NIGHT Bust out the classics, make some popcorn and charge a fee. For warm summer nights, try putting a sheet against a fence in your backyard and projecting a movie onto it.

N

NIGHT IN Eat, drink, laugh, catch up with friends and donate what you'd spend on a night out to The Lung Association. Whether you want a fun girl's night in, or super bowl party right in your living room, it's time to kick back and let the good times roll.

NO MAKE-UP SELFIE Post a selfie of yourself make-up free and nominate your friends to do the same. For every selfie taken, challenge your family and friends to make a donation to The Lung Association.

O

OBSTACLE COURSE FUNDRAISER Think of all the crazy things you'd want to see your friends do. Then create an obstacle course with all those things. Do three summersaults. Jump over a mud pit. Trampoline to a slam dunk. Obviously people would have to pay to do these things!

OLD SCHOOL GAMES NIGHT Have some retro fun at a vintage-themed games evening. Round up as many old favourites as you can - Scrabble, Monopoly, Operation or even Twister. Then suggest a donation to play - and have fun.

OPEN GARDEN / DAY If your garden is in full bloom or you have a house with a colourful history, why not open your doors for an entry fee and host an open house. With the kitchen close by it will be easy to raise extra funds by offering refreshments and a great way to meet the neighbours!

P

PAINTBALL Who doesn't love being shot at with balls of paint? Especially if it's for a good cause.

PANCAKE BREAKFAST Bananas, chocolate syrup, whipped cream - now you've got yourself pancakes that will sell like hot cakes!

PHILANTHROPIC PUB CRAWL Feel good about having a pint with a friend. Create a passport to different pubs in the area and charge a fee for people to buy them. See if any of the pubs will throw in some free appetizers for your group.

PAYROLL DEDUCTION Encourage your colleagues or employees to make their own contribution by having it deducted directly from their paycheck. A little each week, can grow into a large amount.

Q

QUILTING Make personalized quilts (probably easier said than done) for people to buy and donate the proceeds back to The Lung Association.

R

RECIPE BOOKS Gather your most favourite recipes together into a book and sell them to family and friends. You could even theme the recipe book depending on your own tastes.

READ-ATHON How many books can you read over a short period of time? Get sponsored per page or, for fast readers, per book.

RUN Tie up those laces and sign up for a 5K or 10K run for charity. Combined, our supporters have run thousands of miles to help Canadians breathe. Where will your run take you?

S

SKYDIVING Our supporters are brave. Despite the obvious fear factor, skydives are a popular fundraising activity so start organizing your skydive today.

SPELL-ATHON Dictionaries at the ready! This is your chance to recreate those ever popular spelling bees and flex your intellectual muscle. Strictly no cell phone allowed! Tailor your words to suit the audience and offer bonus points for literary themed words.

SLAM-DUNK COMPETITION Find a basketball net. Get a basketball. Then the flying begins.

SPONSORED SILENCE Keep your lips sealed for a day and ask for donations. It's as simple as that! This works best if you are known as the office chatterbox.

STREET HOCKEY TOURNAMENT Road hockey is a way of life for many Canadian kids who are raised on a steady diet of driveway slap shot competitions and shiny parking lots. Lace up and get your friends or team together.

T

TALENT SHOW Get your children to strut their stuff and show off their skills with a talent show. Charge people for tickets. The grandparents will really love it, we promise!

TRIATHLON Why choose between cycling, swimming and running when you can do all three? Or you can enter as a team and tackle the course together. First timer or seasoned pro? Look for an event near you and nominate the Lung Association as your charity.

24 HOUR FAST How long do you usually go without eating? Why not give up something you really enjoy for 24 hours? Get sponsored for the Lung Association too.

TUG-OF-WAR Finance vs Marketing. IT vs Sales. Whatever the department, a game of tug of war could decide who is the best in the office. Guests can enjoy watching the teams, while sponsoring their team to claim victory.

U

ULTIMATE FRISBEE Are you a Frisbee enthusiast or in a local team? Ultimate players outrun, out-jump, out-throw, and out-catch. But can you out-fundraise? Host a tournament or hold a 24 hr event.

V

VIDEO GAMES TOURNAMENT Bring your gaming skills out of the basement and host your own gaming tournament. You could even put on your own live streaming marathon to raise money. You won't break a sweat and you can ask friends and family to sponsor you to reach your personal best.

VOLLEYBALL TOURNAMENT Have a great day at the beach while hosting this hot fundraiser. Challenge co-workers to form a team, or setup teams of teachers, students or parents. Sell t-shirts on the day, hold a raffle or setup a refreshment stand to beat the summer heat!

W

WALK Where and how far will you walk to fight lung disease? Some walked over 1,000 km, some walked 5k whilst others did it blindfolded but they all did it with the same aim: to help Ontarians breathe. So sign up for a walk or gather your friends and family to start your fundraiser.

WACKY CLOTHES DAY Instead of a dress down day, dress up! Charge a fee and wear a wacky costume or outfit that will brighten everyone's day!

X

XMAS CRAFTS Get your creative juices flowing. People love homemade crafts and presents. Sell them for fair market value!

Y

YARDSALE Someone's trash is another person's treasure. Spring clean your own space and help raise money at the same time with a feel-good yard sale.

YOGA IN THE PARK Ask an instructor to volunteer an hour of their time. Then downward dog and sun salutation your way to a class where you charge guests \$10 or \$20.

Z

ZUMBA in the park It's time to bust out those dance moves you secretly do at home. A little running man, the sprinkler and the moonwalk. Charge people for joining the class.

Submitting Funds

You've hosted your fundraiser and now you've got cash and coins.

There are 2 ways to submit your funds to The Lung Association:

Online

Search for your event on fundraisemyway. Once on your personal fundraising page, click 'Donate Now'. Use your credit card to add the lump sum amount to your fundraising page by making a self-donation.

Mail

Complete a pledge form, then mail it to us with a cheque. We'll add the funds to your personal/team page! **(DO NOT SEND CASH THROUGH MAIL).**

The formal bit

The Lung Association - Ontario cannot accept liability for any loss, damage or injury suffered by you or anyone else as a result of taking part in an aid of (third party) Lung Association fundraising event. If you are taking part in a high risk fundraising event such as a skydive, it is vital that you speak to our Community Engagement Team who will send you an important letter that you must agree to. This letter covers your responsibilities and outlines the potential risks.

Thank You

so much for raising money for The Lung Association - Ontario. Every single cent raised will help Ontarians breathe. Any questions on your activity? We're here to help! Visit us at lungontario.ca/fundraisemyway or call us at 1-888-344-5864.