

Fundraising Ideas

Donate Your Coffee Day: Let's be honest, some of us spend a lot of money on our daily coffee! Designate a 'Donate Your Coffee Day' and ask people to donate the money they would usually spend on their coffee for the day. Reports estimate the average worker spends nearly \$14.40 a week and around \$1,100 annually on coffee. Just \$48 of that would buy one hour of cystic fibrosis research!

Casual Day: Donate \$5 to wear casual/jeans/pyjamas to work.

Gold Coin/Folded Note Donation Day: Pick a day and ask everyone to donate a gold coin or folded note in support of cystic fibrosis research.

Crazy Outfit, Hair or Hat Day: Ask your colleagues to donate to enter a silly hair, hat or shirt contest. During your lunch hour, host a parade and let employees vote for the craziest or funniest.

Show your Stripes: Why not get your local sporting club involved and get them to dedicate one of their games to raising money and awareness for CF. Each team member can donate to wear our CF Army stripes for the game.

Office Raffles/Auction: Ask businesses that you frequent (restaurants, coffee shops, spas, hair salons) to donate gift cards and then raffle/auction them off in the office and donate the funds raised.

Brown Bag It: On a designated day, encourage everyone to make lunch at home and donate what he or she would have spent on food. Did you know, people spend an average of \$15 buying lunch while at work?

Cold Turkey: Ask friends, family and colleagues to sponsor you to 'give up' something for a week, a month or maybe longer! You could try giving up alcohol, social media, coffee, reality TV or junk food.

Get Fit: Join a sporting event such as a marathon or walk-a-thon and ask your friends and family to sponsor you. Check out our website for events in your local area - <https://cure4cf.org/events/>

Pizza and Soft Drink Lunch: Bring a couple of pizzas and a box of soft drink to your workplace and sell a slice and drink meal deal. Co-workers will appreciate having a convenient lunch and donating to charity at the same time. It's so easy!

Potluck: Ask people to cook and donate an item for a themed luncheon or dinner in the office or at home. Ask those who participate to donate \$5 or \$10.

Dollar for Dollar: Ask your boss/organisation to match your fundraising efforts.

Games Afternoon: Get your friends together for an afternoon of board games, egg and spoon races, or wheelbarrow races... use your imagination.

Garage Sale: Use your garage, shed, car boot or Gumtree to sell your unwanted treasures and donate proceeds to Cure4CF in support of CF research.

Movie Night: Ask for a donation and get friends together to watch a classic. Buy a couple of bags of popcorn (or make it from scratch!) and a tub of ice-cream and cones and you're set for the perfect night in.

Hold an Event: Such as a High Tea, Dinner Party, Quiz Night or Amazing Race Day.

Boss's Parking Spot: Ask your CEO, Director or anyone who has a premium parking spot if you can raffle off their spot for a day, week, or month.