

# CURE4 CYSTIC FIBROSIS

ALL  
FOR THE  
FIGHT

## Fundraising Ideas

**Donate Your Coffee Day:** 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.

**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 hat or shirt contest. During lunch hour, host a parade and let employees vote for the craziest or funniest hat or outfit.

**Office Raffles/Auction:** Ask businesses that you frequent (restaurants, 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 for 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.

**Pizza and Soft Drink Lunch:** Buy a couple of pizzas and bring in cans of soft drink to your place of work and sell a slice or two plus a drink. 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 or car boot to display and sell your unwanted treasures.

**Movie Night:** Ask for a donation and get friends together to watch a classic.

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

**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.

**Enter a Corporate Team:** Join a sporting event such as a marathon or walk-a-thon – check out Everyday Hero for community events in your area - <https://www.everydayhero.com/au/fundraising-events-to-participate-in/>.