



## Fundraising Ideas for Walk Teams

- **Corporate Matching Gift-** Ask your company to match the amount of pledges you receive from your fellow co-workers.
- **Your Own Personal Friend Matching Gift-** Ask a friend if they can investigate getting their company to match your pledges.
- **Corporate Sponsorship-** Identify one or several large companies and contact them directly. They may be willing to sponsor you completely.
- **Garage Sale-** Know all the stuff that's been hanging out in your garage... in your attic... in your basement? Gather it up and ask your friends to do the same. Put it in your front yard and sell, sell, sell! Put all the money raised toward your minimum pledge.
- **Bake Sale-** Become Julia Child (and ask friends to do the same) and host a bake sale. You can even have it in conjunction with your garage sale.
- **Start Your Own Extra Change Box-** Keep a jar near your door and put all your extra change in it every day. It adds up. Or put it on your desk at work- others will join in.
- **Office Fundraising Challenge-** Speak with everyone in your office and get them to challenge each other to raise the highest amount. Give the "winner" a prize. Maybe some movie passes? Gift certificate to dinner?
- **Return Address Labels-** Print return address labels for your outgoing mail. Print something like, "I'm walking 3 miles in 1 day- will you sponsor me?" You may want to include a pledge form and a self-addressed envelope to make it really easy for them.
- **Facebook-** Post a message on Facebook. You'd be amazed at how many people you don't even know who will be willing to help you.
- **Carry Copies of Fundraiser Letter-** Have one with you at all times and pass them along to people you meet. For example, if flying, pass the letter out to the flight crew. People really do want to support you!
- **Ask local restaurants to place a money jar at the front of the restaurant-** Check with the restaurant manager. They may be willing to place the jar in a high traffic area so lots of patrons see it.
- **Birthday Gift Pledge-** This is a very simple way to raise money and it will be a lot easier for your friends and family to write you a check instead of spending hours trying to shop for you.
- **Delegate-** Give 10 of your friends 10 pledge forms each and ask them to help raise money for you.
- **Color Pledge Forms-** These can be very eye catching. Send them in colored envelopes, too. These will stand out among friends' bills and stuff.
- **Signing your correspondence-** Get in the habit of signing your emails by attaching a link to our website [www.mhf.org](http://www.mhf.org) You'll be surprised how many people ask you about us and about how they can help.

- **Doctor/Therapist/Veterinarian/Insurance Agent-** Ask him or her to make check out for you instead of the other way around.
- **Dentist-** Hopefully you won't have to pull teeth to get him/her to help you out a little.
- **Chiropractor-** They've cracked your back. Now ask them to crack open their checkbook and make a pledge.
- **Yoga Instructor-** You've bent over backwards for them.... Now it's their turn to do the same for you!
- **Gym-** Ask your gym to place a pledge jar at the front desk! Leave a stack of pledge forms at the counter, too!
- **Spinning/Aerobics Class-** Have a stack of pledge forms with you and ask your spinning instructor to make an announcement in class.
- **Ask for the right amount-** Take a good look at whom you're asking for donations and make sure you ask for the right amount. Don't ask for a \$100 if you know they can pledge \$1000.
- **Make Your Own Contribution-** Lead the way by making your pledge first.
- **Hair Salon-** Ask your barber or hairdresser to donate \$2 from every haircut they complete over one weekend.

**Send updates on your fundraising and a reminder on how to support your efforts.**

**Send a letter or email asking for a donation from EVERYONE you know.**

**Don't get discouraged.**

**Ask, Ask, Ask, Ask!!-** and ask again! 😊