

RISE ABOVE SEIZURES WALK: FUNDRAISING IDEAS

Start ASAP	The sooner you start raising money the more time you have to go above and beyond your goal. Also, raising money when you're in a rush can take the passion out of your journey.
Make Your Own Contribution	Set your team up for success through leading by example.
Participant Center	Use this platform to your advantage. Not only is it the hub of your story and fundraising journey but it's a helpful tool for sharing your message and tracking your donations.
Corporate Matching	Ask your place of work to match the total amount you raise for your walk team.
Corporate Matching from Friends	Don't forget to get your teammates to do the same with their companies.
Corporate Sponsorship	Don't be afraid to share your message with local companies and organizations. They might be willing to sponsor your entire goal before you even ask your friends and family!
Exercise Class	Belong to a yoga studio or spin class - don't forget these places. Sometimes the smaller venue makes it more personal.
Igloo Contest	Who doesn't love a snow fort? Collect donations at the same time.
Lemonade Stand	Check with your local grocery store and see if they will donate the lemonade supplies and space. As shoppers come in greet them with a refreshment.
House Party	Get your family and friends together for a night of entertaining and donations. Make it a theme party to take it up a notch.
Holiday Party	Dedicate your office holiday party to your walk team. Instead of gifts give a donation.
Ugly Sweater Contest	\$1 = 1 vote - split the winnings with the ugliest sweater and put the rest towards your walk team.
Radio Station	Don't underestimate the power of reaching out to your local media outlets. Many are looking for local stories and the worst they can say is "not right now".
Haunted House	Host a Halloween party or costume contest for the neighborhood. Have games and activities for a small donation to EFMN.
Challenge Your Office	Start a team with your office and work together to raise funds for your team.



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Write Your Local Politician	Some public servants may make a monetary donation but they can also offer you awareness for your cause. Get them to help you spread the word.
Curse Jar	Oopps! Why not break a bad habit by giving to a great cause.
Clubs and Organizations	There are many wonderful organization that look to support local community endeavors. Check-in with your local Knights of Columbus, Lions Club, Rotary Club, Kiwanis etc.
Hair Salon	Ask your stylist if they would donate \$2 from every haircut for the week to go to your walk team. Provide them with a small sign for their mirror during the week.
Services	We all have special skills - offer yours to help someone out. Instead of a \$20 for your time ask for a donation instead.
Assistant for the Day	Know someone who needs some extra hands? Offer to be their personal assistant for the day and help them with their to-do's. You could ask for a larger donation on this one.
Network Brainstorm	We think we know who our friends are but chances are there are many more in our network that we haven't thought of. Go through your phone, emails, and social media for ideas.
Read All About It	Many companies have newsletter in print and online - see if you can add a small blurb about your walk team and where they can donate. Don' forget to share your goal!
Inspirational Bookmark	A great activity for kids - create bookmarks with inspirational messages and a short note about your walk team.
Place of Worship Bulletin	With a built-in community right in front of you - don't forget to share your goal and recruit members for your team.
In the garden	There is nothing better than a beautiful garden but it's a lot of work to get there. Offer to weed and plant peoples gardens for them.
Tip Jar	Ask your favorite waitress or local bartender to donate a percentage of one day's tips to your team.
Yard Games	No athletic ability required. Host a yard game Olympics tournament. Each team pays an entry fee which goes towards your goal.
Musicians	Calling all musicians! Host a benefit concert and admission is a donation to your walk team.
Email Signature	Add a personalized line to your email signature about supporting your walk team.



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Gym	Think of the traffic in and out of the gym. Ask your local facility if you could place a jar at the check-in counter.
Trivia Night	Put your mind to the test and your wallet to work.
Alumni Organizations	Just another network that is easily overlooked.
Mr./Ms. Fix-It	From small to large projects don't underestimate your ability to help someone out with a task. In return, ask if they will help you reach your walk goal.
Garage Sale	We all know you have that one drawer or room that could use some extra attention. Find items you no longer use and put them up for sale.
Pet Sit	Animals are like our children - give the animal lover in your life freedom for the day.
Movie Under the Stars	Backyard movie nights are all the rage with neighborhoods. Get together for a feature film and charge admission for a spot and some concessions.
Business Cards	These do not need to be fancy. Use a template in MS Word or go to one of the inexpensive websites. Your card could have your team name and link to donate.
Dance Off	Bust out your best moves for a cause.
Get some extra Zzz's	Monday's are so tough! Make the start of your week for your office a little smoother - get approval to allow coworkers to donate to your walk team and start work a little later.
Unwanted gifts sale	Ugly present - no gift receipt - no worries! As an office bring in your unwanted gifts and have a sale of these items. Another one's trash is someone's treasure!
Office Casual	Tired of the suit, tie, or high heels? Why not have one day of the week at the office where \$10 gets you some street casual.
Karaoke Night	No need to be the next American Idol - have some fun by collecting dollars for tunes.
Delegate	Don't forget the power of your friends, family, and teammates. You don't have to be alone on your journey, fundraise together!
Rapping Contest	A little friendly competition never hurt anyone. Battle it out with your rhyming skills.



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VIP Parking	Who wouldn't want that prime parking spot in the lot - auction the space off - top bidder gets the space for the month.
Scavenger Hunt	Host a fun neighborhood scavenger hunt - have an entry fee and take donations for your team. Don't forget to share why you walk.
Office Olympics	We all need a break. Create some time for the office to play some mini golf, beach ball hockey, and a mini basketball shoot out.
Fraternities and Sororities	These groups are always looking for philanthropic endeavors. Get one to join you in raising money and joining you at the walk.
Poker Night	Get the guys and girls together for a spirited game of poker. Decide ahead of time that the winner will donate a percentage of their pot to the team.
Ice Cream Social	Hot summer day, ice cream, and donations - couldn't think of a better time!
Spare Change	Empty out your pockets, purse, car, and forgotten birthday cards. Take the money you find and put it towards your team.
House warming party	Moving on up to the East Side? Instead of house warming gifts ask friends and family if they would donate to your team instead.
Pancake Breakfast	Start the day off right with a hearty breakfast and a good cause.
Babysit	Give the mom's in your life a break - offer to babysit and instead of putting your earnings toward those new shoes put the money towards your team goal.
Mow-A-Thon	Lawn getting a little shaggy? Advertise with the neighborhood that you will be mowing lawns for a cause. Cost \$20
New Year's Eve Party	Bring in the New Year by cheering to a good cause.
Lunch with Someone Special	Auction off the opportunity for some one-on-one time with a favorite employee or local celebrity.
Checkout Money Jar	Ask your local café if you can put a jar at the checkout counter for customers to drop their leftover change in
Spread the Word in the Hood	Create a flyer to put in everyone's mailbox on your block. Better yet, ring the door bell and introduce yourself by sharing your walk flyer.
\$1 Sale	Sell a small item for \$1 at your office or local basketball tournament. Just make sure the item doesn't cost more than what you are selling it for. Think PROFIT!



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Yoga Lunch	While you're finding your center - ask your yoga instructor to donate half of their proceeds for the day to your walk team.
Instead of Gifts	For those special occasions like your birthday, anniversaries, or holidays - ask for the gift of a donation to your team.
Who Benefits	It's important that you know where their donations goes, who it benefits, and why it is needed. People are more likely to give with this information in hand.
Company Grants	Some companies offer grants (donations) for your volunteer time. Check if this is available to you.
The Power of Your Words	The more you share about your journey and your passion for the cause the more others will want to join you in reaching your goal.
Bake Sale	Pull out your EZ-Bake oven and make your favorite treats. Ask your local sport associations if you can have a table at a tournament.
College & University Boards	Student Unions on campus have bulletin boards - see if you can post your cause. Even better if you're an alumni.
The Gift of Creativity	Do you have a talented or creative friend? Ask them if they would make an art piece or jewelry to auction off.
Game Night	Take a walk down memory lane and bring out your classic board games.
Answering Machine Message	Alert your friends, family, and even those pesky telemarketers every time they call what you are raising money for and where to donate.
Computer Wall Paper & Screen Saver	Leave no stone unturned. Create a picture of your walk team as your desktop wallpaper or have a slideshow of past walks as your screensaver.
Bowling Party	Host a night of bowling with friends and family. See if the owner will donate the shoes and lanes and have your attendees give the money they would have spent to your team.
Food & Funds	Many restaurant offer a day where a portion of food sales promoted by your flyer are donated back to you.
Know Your Audience	If you know that someone has more capacity to give or has a personal connection to your cause don't be afraid to ask for a higher donation.
Remind	It's OK to remind your network that you are still raising money and how far away you are from your goal. See our sheet on where donations go.
Face Painting	This activity adds a lot to any child's party. Set up a station at your next local event and share your cause.



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House Sit	Give piece of mind to family and friends who travel - offer to stay at their place and instead of paying you donate to your walk team.
Teacher vs. Kids	Classroom in need of a goal? A class team is a great way to teach about teamwork and supporting a cause outside of ourselves.
Hair Braiding	Great activity for young kids to organize. Take donations for their creations.
Used-Book Sale	With our books going digital why not gather the ones collecting dust on your shelf and sell for some quick cash.
Other Parents	You don't have to fundraise on your own - get other parents in on the action too.
Cook Off	Love to cook? Don't want to plan a lunch? A perfect pairing - each person who wants to taste and judge the entries donates a certain amount to partake.
TV Show Finale Party	In the era of binge watching what better way to get together and raise some money.
Ornament Sale	Create one of kind ornaments for the Holiday season and sell to the highest bidder.
Wine and cheese party	Another great reason to get together and collect donations.
Picnics	National Night Out or block parties are a festive place to spread the word about your team. Sharing your story with neighbors builds community and could create a rival team.
Return to Sender	Create personalized return address labels. Text could read "I walk to Rise Above Seizures. Will you support?"
