







 American Diabetes Association.

Fundraising Ideas!

Funds raised through Step Out: Walk to Stop Diabetes support research to prevent, cure and manage diabetes; deliver services to hundreds of communities; provide objective and credible information; and give voice to those denied their rights because of diabetes.

Whether you are fundraising with friends, family members, or coworkers, you can make a difference in the fight to Stop Diabetes®. So encourage your friends, family, and coworkers to help you Stop Diabetes by telling them why it is important to you and asking them to join you! The main reason people don't donate to Step Out is because they're not asked; so don't be afraid to ask. If you need more fundraising ideas, check out our creative and fun opportunities below!

-  **Host a dinner, brunch or dessert party** – Invite friends, neighbors, and co-workers to a gourmet get together. Charge a cover fee which will be donated to Step Out. Check out www.diabetes.org for diabetes-friendly recipes, too!
-  **Golf Day** – Organize a golf outing. Ask friends to pay twice the green fees and use the extra money to support Step Out.
-  **Opportunity Drawing** – Get items donated for prizes, sell tickets and hold a drawing! Be sure to check with your local government for laws and regulations.
-  **Recycle** – Hold a can and bottle drive in the neighborhood. Go door-to-door and collect recyclables from your neighbors and friends. Donate the refund money to Step Out.
-  **Pennies Jars** – Did you know that one milk jug of pennies is equal to about \$60. Ask your children's school to place milk jugs in their classrooms to collect pennies.
-  **Bowling Fundraiser** – Have a bowling fundraiser after work. Invite all family and friends to participate. Ask the bowling alley to donate or discount the rates but charge full prices to play, with the proceeds going to your Step Out team.
-  **Car Wash** – Get your team together for a local town car wash. This works great for elementary and high school teams.

- 👏 **Fantasy Baseball** – Organize a fantasy baseball league with friends or co-workers. Ask everyone to donate to join the league. The money supports your team and the winner of the league gets bragging rights!
- 👏 **Get Your Pet Involved** – Send a letter from your pet to family, friends and veterinarian. Your cat, dog and hamster are as dedicated to stopping diabetes as you are.
- 👏 **Have a book sale at work** – Ask individuals to bring old or used books. Donate the proceeds to your Step Out team.
- 👏 **Make a Cookbook** – Ask friends or colleagues to share their favorite recipe. Put together a cookbook and sell it to raise extra money.
- 👏 **Art Sales** – This is a great activity for kids. Have students or your children produce great works of art and present them in an art show. Parents and friends can buy the artwork to support Step Out.
- 👏 **Provide a service** – Pet care, baby sit, mow lawns, give manicures, run errands, tailor clothes, organize closets, clean houses, wash dogs, or whatever you can think of to give back to those around you – and ask for a donation as payment.
- 👏 **Clean House** – Have a garage sale and ask your friends and neighbors to donate items for you to sell. Explain that all proceeds go to the American Diabetes Association's efforts to Stop Diabetes.

For more tips and to register online, please visit www.diabetes.org/stepout!