

110 FUNdraising Ideas

We encourage all of our fundraisers to be creative and have fun with your fundraisers. Below are a few ideas that we hope will inspire you.

For more info on each idea, click the links for guides, tips, and examples of each fundraiser. If you printed your guide, be sure to visit www.mhconn.org/belof110 to access the digital toolkit and all the hyperlinks.

Online and Mobile Fundraising

1. **Online giving through your personal #Belof110 fundraising page** - Set up your personal fundraising page at: www.mhconn.org/be1of110. See page 6 for more information.
2. **Text-to-give** – Share with your contacts that they can easily donate to MHC by texting the word **GIVE** to **(860) 200-2243**. Once they do, they will be directed to our donation website to complete their contribution.
3. **Viral Video Fundraiser** - Challenge your social media contacts to make a video displaying the answer to “What Moves You?” Start the challenge by posting your own video and be sure to ask them to donate! We’ve all seen the success of the ACL Ice-Bucket Challenge. Get creative and encourage others to do the same. [Click here](#) for tips on how to create a successful video campaign.

Fundraisers for the Office or School

4. **Matching Gifts** - Does your place of business offer Matching Gifts to donations to charities? Share your fundraising plans with them and ask them to match it dollar for dollar. Be sure to advertise this match to the public. Looking to start a matching gifts program at your place of business? [Click here](#) to learn how.
5. **Adult Spelling Bee** - Teams compete for a grand prize (which you can solicit from a local company or ask MHC to provide an incentive). Charge an entry fee per team and admission fee to audience members. For a guide to planning this event, [click here](#).
6. **Baby Photo Contest** – Great for schools and offices. Display baby photos of staff, teachers, and even throw in some celebrities. Those who want to participate, make a donation for each guess. The winners get a prize. For tips to make this a successful fundraiser, [click here](#).
7. **Read-a-Thon** – Partner with your local book store or library for a fun and educational fundraiser. Charge admission to an evening of great stories and a great cause. For tips on hosting a read-a-thon, visit <https://www.read-a-thon.com>.

8. **VIP Parking** – Who doesn't want the prime parking space on a large campus or crowded office building? Ask your property manager or school leadership to donate the prime parking space for a week and raffle it off at a price. Collect all donations for your fundraiser and the winner earns the best space in the lot for a week! Looking for an easy, online way to randomly pick a raffle winner? Visit <https://www.randompicker.com>.
9. **Zany Dress Day** – Fun for schools, civic clubs, hospitals, and corporate offices. Charge a fee and participants wear a zany costume. Award prizes for the most creative outfit. For tips, [click here](#).
10. **Bring Your Dog to Work Day** – We all know the therapeutic benefits of animals, so why not bring them to work with you. Collaborate with your employer to organize a "bring your dog to work day", give lots of notice to your staff and co-workers and collect donations from those who wish to donate for the opportunity to bring their furry friend to work! For tips on executing this idea, [click here](#).
11. **Lucky Ducky** – A fun activity for schools and companies. Number a supply of rubber duckies at the bottom of each duck and sell them to your community. Set them afloat in a swimming pool or local pond and pick various winning ducks to win prizes. For more ideas, [click here](#).
12. **Office Decorating Contest** - Challenge your co-workers to an office-decorating contest. This is great for holidays and seasonal milestones. Each participant donates to decorate. Ask your employer to provide a prize for the winner to incentivize the participants to go all out. For ideas, [click here](#).
13. **Power Naps** – Great for work or school. Book the conference room or nurse's office for scheduled 20-minute power naps. Sell vouchers and promote the benefits of recharging during the day. For information on the benefits of power naps, [click here](#).
14. **Linked Together** – Participants compete to create the longest paper clip chain in a given amount of time. Charge an entry fee and award the winners. A great idea for [May 29th](#).
15. **Lock up the Teacher** - A favorite for elementary schools: Create fliers letting the community know its favorite teacher has been placed in jail and needs bail money. Take up a collection to release them and celebrate with a coming home party for all the donors. This is also a great idea for employees to "lock up the boss." [Click here](#) for a step by step guide on this fun idea.
16. **Dress Down Day** – Apply a charge to staff members who want to participate, but be sure to provide a clothing restriction list (jeans day, PJ day, slippers day, etc.) MHC will provide stickers for all participating staff to show they made their donation in order to dress down. Run this campaign for a month or all year round to reach your goal and boost office morale! For more info on this fundraiser idea, [click here](#).

Fundraisers for Foodies

17. **Potluck** – Encourage healthy eating with a themed potluck. Invite friends, family or coworkers to bring their favorite healthy dish to share. Everyone donates to sample the food. For ideas on creating successful potlucks and other food related fundraisers, [click here](#).

18. **Chocolate Party** – Reach out to local bakeries and restaurants for in-kind donations in exchange for free advertising. Post fliers in your community or invite your personal contacts for a chocolate themed party. Be sure to highlight your donors at the event. Charge an admittance fee and enjoy the “sweet” success of this event. Some companies like The Cocoa Exchange allow for fundraisers using their products. [Click here](#) for details.
19. **BBQ Cook-off** – Great for summer time fun. Host in your backyard, or a public park. Contestants and guests pay an entry fee and the best BBQ earns a prize. Contact MHC for incentives and giveaways. For a step by step guide, [click here](#).
20. **Dining for Charity** – Contact a local restaurant and ask them to donate a portion of their profits for the night to your fundraiser. Visit <https://www.groupraise.com/restaurant-fundraisers> to find participating restaurants or make a personal ask to your favorite one even if they are not listed.
21. **All You Can Eat Taco Bar** - Try to get all the food and supplies donated, so the bulk of the money raised goes to your fundraiser. Charge admittance and enjoy! For tips on hosting this event, [click here](#).
22. **Chopped Competition** – Just like your favorite cooking show, contestants compete against each other to create the more creative and delicious meals using mystery ingredients each round. Attendees pay to taste and cast their votes. To add a twist, require that all the meals are healthy and promote healthy habits for the chefs and attendees. For competition info and ideas for mystery ingredients, [click here](#).
23. **Tailgating for a Good Cause** – Invite your community to tailgate with you. Collect donations in exchange for your favorite tailgating food (hot dogs, burgers, popcorn, and more). Just be sure the local field allows for sales in their parking lot. For tips on hosting your own tailgating fundraiser, [click here](#).
24. **Spud Night** – Host a baked potato bar with all the fixin’s. Ask local farmers or grocery stores to donate supplies. Charge a fee to eat and enjoy! For ideas on this spud-tacular fundraiser, [click here](#).
25. **Catering for a Cause** – Solicit a local caterer or chefs to donate their time and cook at a given location for a party. Charge admission and be sure to give your donors lots of publicity for their generosity. Need ideas on how to publicize your event, [click here](#).
26. **Dining for Dollars** – Bertucci’s Restaurant offers a fundraiser called Dining for Dollars. When guests attend a Dining for Dollars event and mentions or presents a fundraiser flyer on the day of the event, up to 25% of their dine-in, carryout, or delivery net sales check will be donated back to your non-profit organization. It’s a simply and delicious way to raise money! Visit <http://www.bertuccis.com/Dining4Dollars> for more details.
27. **Brunch for Charity** – Ideal for a weekend event, contact a local restaurant or banquet hall to host your fundraiser. For tips on hosting a brunch, [click here](#).
28. **Wine Tasting** – Host an evening of fine wines and appetizers. Charge a ticket price and drink responsibly. Partner with a local winery to keep costs low. To find a local winery, visit <http://ctwine.com>.
29. **Bake Sale** – One of the traditional fundraisers. It’s a tried and true way to raise funds. For ideas and tips, [click here](#).
30. **Cookie Dough Fundraiser** - Simply order the dough from [a cookie dough fundraising company](#) and sell it to individuals in your local community. These are

most effective close to holidays when people are planning to bake for friends and family.

31. **Soup & Sandwich Luncheon** – A fun and easy fundraiser for school and offices, coordinate a luncheon for teachers, students or employees. Charge a fee for lunch and try to get all the soup and sandwiches donated by a local grocery stores, or restaurant. For more ideas for this and other food related fundraisers, [click here](#).
32. **Pasta Dinner** – Great for large community groups. Contact your local grocery stores or restaurants for donations to reduce cost. Recruit volunteers to cook and serve the food. Sell tickets in advance and be sure to thank your donors! For tips, [click here](#).
33. **Who Dunit Mystery Dinner?** – Write a script, enlist actors, and sell tickets. Collect food donations to make the most out of this entertaining “who dunit” fundraiser. For ideas on how to host this type of party, [click here](#).
34. **Coffee Tasting** – Hold a coffee tasting offering a variety of flavors. Contact your local barista for donations. Great for a morning event at the office or Sunday brunch in the community. Add breakfast snacks and charge for all attendees to sample and eat. For more ideas, [click here](#).
35. **Rooftop Dinner** – For a new venue choice, look for places with a view to bring a twist to your fundraiser. Diners can enjoy being outdoors and you can integrate an outdoor theme to your décor. For inspiration, [see how](#) one group raised money for their nonprofit using this theme.
36. **Noodles & Doodles** – Are you an artist, do you know artist who are interested in selling their art for charity? Do you love pasta? Host a pasta dinner and art auction. In advance, sell tickets to attend to cover the cost of the food. After dinner, hold an [artwork auction](#).
37. **Home Brew Tasting Event** – Contact a local brewer to see if they’re willing to partner together for a sampling fundraiser. Add food and charge for admittance. The [CT Beer Trail](#) has a listing of various breweries.
38. **International Cuisine Night** – Great for after hours at the office or a community event. Invite participants from various backgrounds to prepare a specialty dish from their home country or ancestral nation. Charge admittance for all who wish to dine with you and feast on the international cuisine. For this and other food related fundraiser ideas, [click here](#).
39. **Hop on the Cause @ SweetFrog** – You don't need a lot of convincing to get a few friends to go to Sweet Frog for some premium frozen yogurt. Throw in that they will also help a good cause, and you have yourself a winning fundraiser. Visit <https://sweetfrog.com/fundraising> for details.
40. **Chili Cook-off** – Challenge the top chefs in your life to a chili cook off. Each chef pays an entry fee and anyone who wants to sample the fruits of your collective labor pays a fee per bowl. For advice on hosting this event, [click here](#).

On Your Feet Fundraisers

41. **Walk-a-thon** - Participate in a local walk or create your own. Ask friends and family to donate for each step you make toward a healthier you. For tips on hosting you own walk-a-thon, [click here](#).

42. **Dance Party** – Ask a local venue to donate their dance floor for a good cause. Charge a donation at the door and dance to your hearts content! For tips on planning this fundraiser, [click here](#).
43. **Punch-a-thon** – Contact your local boxing gym and ask to use their venue for a “punch-a-thon” to punch out stigma! Invite participants to sign up to see who can throw the most punches in 1 minute and 10 seconds. Charge per try and give a prize to the fastest individual. Looking for a boxing club in CT, [click here](#).
44. **Field day** – A great way to get families involved and integrate an active activity into your fundraising efforts. Play all your old favorites from grade school – from wheelbarrow races to dodgeball! Collect donations from each participant, sell healthy snacks and beverages, and in no time, you will be meeting your goal! For more ideas, [click here](#).
45. **Volleyball Tournament** – Organize teams to pay to play and ask local businesses to donate prizes. For tips on how to organize a tournament, [click here](#).
46. **Climbing Stairs Because We Care** – Choose a building or school with a lot of stairs. Participants collect pledges in support of their climb to benefit your fundraiser while getting cardio! Be sure to provide water and prizes for the top climbers. Want to learn about the benefits of this fundraising idea, [click here](#).
47. **Trike-a-Thon** – Instead of the typical adult bike races, this one is for the kids. Adults team up with kid to get donations per lap they ride on their tricycles or collect flat donations. Be sure to take photos and for extra funds, sell them to families as a memento of the day. Ask local businesses to donate prizes. For more ideas, [click here](#).
48. **Yoga-a-thon** – Invite participants to raise pledges for how many minutes they can compete or how many poses they can perform in a given time. Hold at a local park, yoga studio willing to donate their venue, or a school auditorium. Serve healthy concessions. For more yoga fundraiser ideas, [click here](#).
49. **Sled-a-thon** – Perfect for winter. Obtain pledges for each trip down a big hill at a local park or your own yard (space permitting). Promote it as a family event and be sure to offer hot drinks for attendees. For more ideas, [click here](#).
50. **Salsa for the Soul** – Love to dance? Organize a fun evening of salsa, cha-cha, or your favorite dance. Collect admission at the door and sell refreshments to satisfy those dancing souls. Partner with a local venue for a larger space, or throw a house party. Need lessons before you throw your party, [click here](#).
51. **Tug of War** – Invite teams to sign up to compete in this competition of skill and strength. Each team pays an entry fee. Ask local businesses to donate prizes. Perfect for college campus. For this and other campus fundraiser ideas, [click here](#).
52. **5K Walk** – A walk-a-thon or fun-run is an easy athletic event where a broad range of people can join in. Collect pledges to participate, sell refreshments, and give the top fundraiser a prize. [Click here](#) for more details.
53. **Spin-a-thon** – Similar to a walk-a-thon, participants ride stationary bikes to raise money. [Click here](#) for more details.
54. **Hoops For Health** – Partner with your local school or basketball court to host. Invite participants to collect sponsors for every basket made, free throws or even slam-dunks. Sell healthy snacks and drinks for attendees and cheer on the athletes as they dunk for dollars! For this and other basketball themed fundraisers, [click here](#).

55. **Mini-Golf Tournament** – Ask your local mini-golf course to sponsor a tournament to help raise money for your fundraiser. If they're willing to donate the use of the course for free or reduce the cost, it will help your fundraiser to be more profitable. For tips, [click here](#).
56. **Tubing for Charity** – Find an outdoor rafting company to donate a portion of all rides for a month to your cause in exchange for advertising the promotion. Make fliers, promote on social media, and invite your friends and family for fun afternoon down the [Farmington River!](#)
57. **Parents of Athletes Play!** – Athletes stay on the stands and parents play on the field, it's a role reversal event. Make money through ticket sales and concession sales. For other sports related fundraiser ideas, [click here](#).
58. **Golf Tournament** – This can be hosted on a small scale with your regular foursome making donations, inviting friends to join you for mini golf, or a large-scale event with MHC as the beneficiary. [PGA has some great tips](#) for running a successful tournament.

Community based Fundraisers

59. **Babysitting Day** – Perfect for the holiday shopping season, hold a babysitting day, so parents can get their holiday shopping done. Parents can reserve slots and even pre-pay on sites like: [Sign-up genius](#)
60. **Mental Health First Aid After Party** – Contact MHC to schedule a private Mental Health First Aid training for your group of 30 people. Following the training, throw an after party to share what you learned and enjoy refreshments. Ask all participants to make a donation to attend the after party. To register for Mental Health First Aid or plan a private training, [click here](#).
61. **Blind Auction** – Wrap up a variety of items, come valuable, some “duds” in a mix of different shaped boxes and sealed bags. Bidders can examine the gift-wrapped items before the auction starts and you can auction via a live or silent auction. Ask your local stores to donate items to the auction. For tips on this event, [click here](#).
62. **Indie Film Festival** – Great for colleges and universities. Invite local filmmakers to enter their own unique productions. Attendees can give a certain amount of money to view the film fest and votes for their favorite films. For a detailed guide on hosting a film fest, [click here](#).
63. **“Play It Again” Auction** – Collect old sports equipment from your garage, your neighbors, your friends, and auction it off to the highest bidder. This is a great add on event for other sport themed events. For tips and tricks on hosting a successful auction, [click here](#).
64. **“Iron” Man Contest** – A twist on an athletic competition. Instead of the traditional “Ironman” task, this fundraiser challenges men to iron the most shirts as fast as they can. Have audience members pledge money per shirt ironed by a contestant. Team up with a [dry cleaner](#) to sponsor the event and provide snacks for the audience to purchase.
65. **Dog Show** – Team up with a local rescue dog organization or dog park or ask your employer to host the show. Invite owners to show their dogs in a best in show or costume contest. Have participants pay an entry fee and ask attendees to pay a small

- admission to watch and cast their votes. Hand out prizes for the best in show, best groomed, most-obedient dog, or best costume. For more ideas, [click here](#).
66. **One-Day Vacation** – Select a popular day trip destination within a 2-3 hour drive of your hometown and organize a one-day outings to that location. Contact the venue for donated or discount ticket to keep expenses low and profits high. Sell raffle tickets for a chance to win. For location ideas in CT, [click here](#).
 67. **Local Celebrity Meet-n-Greet** – Do you know a local celebrity? Athlete? Actor? Role Model to your community? Ask them to co-host a meet-n-greet at their home or local restaurant. Charge admission for a luncheon or reception. For tips on hosting a successful luncheon, [click here](#).
 68. **Rent-an-Helper** – Great for a team fundraiser. Identify your strengths around the house and offer to rent yourself as a home-helper to the community. Mow lawns, do yard work, clean gutters, or walk dogs for an afternoon. Members of your team volunteer to do all the work and the person who rents the helper makes a donation to your fundraiser. Great for offices and schools. For ideas on outdoor chores you can rent, [click here](#).
 69. **Plant a Tree for MHC** – Contact your local a nursery for seedlings or baby tree donations and ask individuals to sponsor their very own tree for MHC. Host an event to plant them and invite all sponsors to come out and help plant. For more ideas, [click here](#).
 70. **Dog Wash** – Too cold to host a car wash - how about one for the dogs? Ask your local groomers if they would partner with you and allow you use of their sinks and shampoos for your own event. Alternatively, ask if they would donate a portion of all grooming to your fundraiser for the day, the week, or the month! For more ideas, [click here](#).
 71. **Bonfire Benefit** – Build a bonfire, sell s'mores and hot chocolate, and share stories of **#WhatMovesYou** with all attendees. This is a great way to spread awareness while raising funds. For more bonfire ideas, [click here](#).
 72. **Tag Sale** – Perfect for spring-cleaning, empty your home of unwanted items and throw a tag sale. Donate your proceeds to MHC to get closer to your goal! [Click here](#) for helpful tips.
 73. **Funniest Home Movies** – Encourage participants to submit their funniest home movie and compete with others to win prizes. This can be done on social media or hosted at a venue with the proper technology to view the videos. Upload the winning video to [AFV](#) (America's Funniest Video) for a chance to win even more funds for your fundraiser!
 74. **Community Hero** – In every community, there are individuals who stand out for their service and their achievements. Ask these individuals to speak for an hour to help your organization raise money. Sell tickets to anyone who wants to attend. Looking for a website to promote your event and sell tickets? Try [Eventbrite](#).
 75. **Movie Night** – Charge a flat admission to include a movie and popcorn. Make sure you have the right copyright permission to show the film or work with a local theater to host a fundraiser onsite. For more details and ideas, [click here](#).

76. **Line Dancing Party** – Do you enjoy country music? Host a line dancing party at your home, office, or local [country music saloon](#). Charge for tickets and if hosting at a public venue, ask for a donation from the evening's profits.
77. **Share your Skills** – Do you have a special skill you can teach the community? Do you know of someone else that does? Ask volunteers who are experts in their field to [teach a class in cooking, yoga](#) or dance. Charge participants a small donation to attend.
78. **Flower Sale** – Reach out to local nurseries for donations or reduced prices. Set up shop and start selling. Great for office or school sales. Companies like [Flower Power](#) have fundraising options for the community.
79. **Shades of Red** – Perfect for Valentine's Day, sell flowers in every shade of red to raise money for your cause. Be sure to ask for donated flowers from a local florist or greenhouse. For this and other Valentine's Day fundraiser ideas, [click here](#).
80. **Lunch & Learn** – Do you or someone you know have a given talent and are willing to share it? Host a presentation to share your skills over lunch. Charge admission for each class and attendees can eat lunch as they learn something new. <http://www.mhconn.org/education/in-the-community>
81. **Auction off IOUs** – Ask members of your group or community to pledge services to be auctioned off. IOUs can range from washing cars, mowing lawns, shoveling driveways, or babysitting. The highest bidder wins! For a step by step guide, [click here](#).

Artistic Fundraisers

82. **PaintNite** - PaintNite allows for individuals and groups to host a private night of painting for the charity of their choice. Visit <https://www.paintnite.com/fundraisers/local-fundraiser> for details.
83. **PlantNite** – Similar to PaintNite, guests gather to create a custom terrarium, arrangement, or planter. Visit <https://www.plantnite.com/fundraisers> for more info.
84. **Craft Day** – Do you spend your weekends at Michael's and JoAnn's? Organize a craft day, providing the materials and directions for participants to follow to create a special craft. Participants pay an entry fee to participate. Alternatively, take your crafts and host a fair! [Click here](#) for details.
85. **Tie Dye Party** – Great for family day fun. Host a get-together with materials for people to make their own tie-dye shirts. Charge an entrance fee. Ask a local company to donate t-shirts, or offer a discount. Don't know how to tie-dye, [click here](#) for helpful tips.
86. **Photography Contest** – Charge a fee for local photographers to enter the contest. Ask your local camera shop to donate a prize and judge the competition in exchange for publicity. For tips on running this fundraiser, [click here](#).
87. **Sand Castle Building Contest** – Fun for the summer, teams pay an entry fee to compete for the chance to win a prize. Create categories to appeal to a wide audience. For tips, [click here](#).
88. **Pumpkin Carving Contest** – Perfect for fall, hold a pumpkin-carving contest. Award prizes to the best designs. Partner with a local farm and request a portion of pumpkin sales to be donated to MHC. For more fall fundraiser ideas, [click here](#).

89. **Snow Sculpture Contest** – Host a snow sculpture contest, charge admission and award prizes. Great for winter fun at a park or school grounds. For more info, [click here](#).
90. **Fashion Show** – Approach your local retail stores to provide clothing and accessories that will be shown in exchange for free advertising for their store. Promote the show, charge a fee at the door, and serve refreshments for added sales. Have a favorite store, ask to host the show on site during or after business hours and ask the store to donate a portion of all sales made during the show. For more info, [click here](#).
91. **Picture This** – Know someone handy with a camera? Ask them to take family and individual portraits for your cause. Book time slots for interested parties and your organization earns a commission for each session booked. Be sure to share the photos to increase interest and promote your fundraiser. Looking for a way to book appointments online, visit <https://www.setmore.com>.

Musical Fundraising

92. **Battle of the Bands** – Sign up local bands to perform a venue of your choice. Charge entry fees and admission from audience members. Be sure to assign judges, have refreshments to sell, and a grand prize. As MHC for assistance with incentives or contact a local business for a donated prize. For more ideas to make this a successful event, [click here](#).
93. **Concert** – Do you know a local musician or band? Ask them to donate their talents for a community concert. Sell tickets and food to raise money for your group. For a 4-step guide to hosting a benefit concert, [click here](#).
94. **American Idol Contest** - Charge an entry fee and sell admission tickets. Set up a concession stand to make additional money the night of the contest. Karaoke fundraisers are a big hit with communities as well. [Click here](#) to learn more.

Fun & Games Fundraisers

95. **Board Game Tournament** – Break out the Monopoly, Trivia Pursuit, and all your favorite classics. Entrants pay an admission fee to compete for the chance to win prizes. For tips on running this fundraiser, [click here](#).
96. **Darts Tournament** – All participants pay an entry fee. Partner with a local venue who has multiple dart boards, sell food and beverages and ask for a percentage of sales to go toward your fundraiser. Recognize the top three winners with prizes. For more tips on hosting this event, [click here](#).
97. **High Heel Race** – Runners don high heels to be a part of a big race. Charge an entry fee and award the winners. [The Stiletto Run](#) of New York is a great example of this event.
98. **Lego Night** – Do you have a large supply of Legos? Invite kids and adults to make creations with an assortment of Legos. Charge an admission that covers the cost of food, beverage and supplies. Give prizes for the best creations. [Contact Lego](#) to see if they will support your event.

99. **Poker Tournament** – Enjoy a friendly game of poker? Why not turn your favorite game into a chance to earn money for your fundraiser? Host a poker night and donate the proceeds. For a how-to-guide, [click here](#).

Other ideas

100. **T-shirt fundraising** – Design your own shirt to spread awareness about **#WhatMovesYou** and sell them through a booster campaign through sites like [Custom Ink Fundraising](#))
101. **Treasure Hunt** – A great fundraiser for families or adults (depending on the prizes and venue). Create a treasure hunt and challenge participants to find the hidden riches. Ask everyone to pay to play and give out awards. Don't forget to ask for donated goodies to keep costs low. For tips on how to create your treasure hunt, [click here](#).
102. **\$110 Challenge** – Contact your friends, family, and local business owners and ask them to help you reach your \$1,000 goal by donating \$110 to your fundraiser in honor of MHC's anniversary. Contact MHC for giveaways that you can provide to any donor who gives \$110 in honor of MHC's 110th year. For more details, email MHC at jdavis@mhconn.org.
103. **Best Seat in the House** – This fundraiser raffles off two great seats to a sports game, concert, or another performance. Request donations from local venues or reach out to friends who have season tickets who are willing to donate to our cause. For this and other unique ideas, [click here](#).
104. **Rock-a-Thon** – Looking for a laid-back activity? Have contestants collect pledges for every hour they can rock in a rocking chair. [See how one nonprofit set up their rock-a-thon](#) for ideas on how to plan your own.
105. **iPad Prize Drawing** – Secure a donation of an iPad and raffle it off as part of an event or as standalone fundraiser. You can purchase raffle tickets from your local [Staples](#) or [party supply store](#).
106. **Wristband Sale** – Sell wristbands with your own unique design to raise funds for your team or individual fundraiser. Looking for a vendor to purchase wristbands? [Click here](#).
107. **In Lieu of...** – For every occasion that individuals traditionally give out gifts, ask that “in lieu of gifts” please donate to my fundraiser.
108. **Make Change with Spare Change** – No matter which fundraiser you choose, you can always use a few more cents. Ask MHC for a donation jar and place it in a high traffic area of your office, school, or community center. Decorate it with quotes, pictures, and #WhatMovesYou. For tips on how to utilize your donation jar, [click here](#).
109. **50-50 Raffle** – No prizes are raffled off, only cash. The winner wins half of the proceeds brought in from ticket sales and the rest goes to your fundraiser. A great add on to any event. For detail, [click here](#).
110. **Jar of Hope** – MHC will provide the jar, decorate with **#WhatMovesYou** and place it in a high traffic area to collect donations. Contact jdavis@mhconn.org to obtain your jar today! For this and other supplies – be sure to use your [order form on page 25](#).

Thanks to your efforts, MHC will have the ability to improve our health and wellness programs across the state!



GROW - Gardening, Recovery, and Opportunities for Wellness



Mending Art