

Want to put the “FUN” in FUNdraising or need some fundraising ideas to get you across the finish line? Virtual or not. Here are some ideas from A-Z!

A



Ask: The easiest way to raise money is to ask your friends, classmates, teachers and anyone you know to donate to the American Heart Association.

Auctions: Many teams are putting together live or silent auctions. Teams can make a whole event out of it – work with an auctioneer who will donate his/her time and hold a live auction in person or virtually online.

B

Balloon Day: Sell a balloon with a message attached for \$5 in your neighborhood or at work. You take orders in advance and then deliver the balloon messages at a later date.



Bank for a Year: Get everyone on your team to put in \$2 each week beginning the week after this year’s Heart Walk. In 50 weeks, each team member will have his or her \$100.

Bingo Night: Host an interactive night of bingo with friends and family while staying in the comfort of your own home or in person.

Breakfast With: Put together a breakfast with a high-level executive at your company. This can happen at the office or in the comfort of your own home via Zoom. Have an order delivered to your team member to make them feel extra special.

Brown Bag Lunch Day: Everyone brings in their own lunch and donates the money they would have spent to AHA or donate the dollars you save while working from home.

C

C-Suite Treadmill Challenge: Employees challenge the executives to “live the mission” of the AHA by staying on the treadmill 1 minute for every walker registered or dollar raised to support the company recruitment and fundraising goals.

Car Washes: This is another good idea for students, especially in the spring when everyone wants the mud off of their cars. Don’t forget to have a tip jar at the end to collect extra donations at the office or at home.

Change: Spare some change for heart research: place a can in for your department, desk or home. The department or family member with the most donations by the deadline wins!

D

Dress Down Days: Does your work require you to wear business attire? Work with your leadership team to fundraise for a dress down day if they make a donation.

E

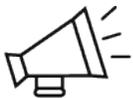


Email: Log-in to your Heart Walk HQ and email your friends and associates for donations.

F

Facebook Fundraising: Personalize and share your Facebook fundraiser, invite people to join your team and make a gift and ensure you tag everyone you know. Make it fun by adding in Facebook Friday or Throwback Thursday to raise dollars.

G



Game Night: Have a game night virtually or in person to play board games, charades etc. Charge an "entrance" fee.

Garage Sales: Work individually or as a team to set up garage sales- clean out your attic and raise money for the American Heart Association at the same time!

Go Door-to-Door: Visit all the employee's offices or neighbors and ask for donations.

H



Hat (or Cap Day): For a specified amount, workers can wear a baseball cap to work for the day or virtual meetings.

Happy Hour: Host a virtual or in person get together for friends and family where you play a variety of games to raise dollars for your team.

Heartfelt Haircut: Let friends and family determine your next hair cut! Select 3 styles you are willing to don for the foreseeable future, post on social media and let others decide your next hair hairdo.

I

In Lieu of: In place of a gift for any special occasion ask friends and family to donate to the American Heart Association.

In the Dunk Tank: Host an in person or virtual dunking, where the Company Leader or Coach gets soaked for a great cause!

J

Jail and Bail: For a donation Supervisors, Department Heads, Team Members can be arrested. For an additional donation they can post their own bail, or they have a bounty placed on their head, are arrested and are not set free until the entire bounty is raised (\$100 or more per inmate) This activity can also be done on site.

K

Karaoke Night: Host a competition at a popular neighborhood spot, on Zoom or rent a karaoke machine for your home or office. Charge an entry fee to compete and request a donation for each vote cast.

L



Letter Writing: Send letters out to your friends and family explaining what you're doing and why asking for a specific amount (more than you want) seems to work best or leave it up to them. Some people are writing letters on behalf of their pets or babies. Add a little humor to the letter as well.

M

Matching Gifts: Ask your company to match what you raise. Some companies have a matching gift policy, check to see if your does. If they don't ask them anyway.

Mobile App: utilize the new and improved application to share your story, invite friends and family to join your team and donate.

N



Network: Use Facebook, Twitter, LinkedIn and any other social networking sites to let your friends and family across the country know about your fundraising efforts. Post your goal and periodic progress updates. Include links to your Walk fundraising page.

O

Ornament Sale: Create holiday ornaments with your team and sell them everywhere.

P

Plank Challenge Relay: Teams of "Plankers" complete for who can plank the longest by taking turns for as long as they can do it! The Relay should be held in a visible area as a Heart Walk publicity stunt. Teams make donations to participate with the chance to win a Grand Prize!

Q



Questions-for-\$1: Set up a jar and charge \$1 (or any donation) per question you answer. Ask your boss to set one in his or her office, too!

Quiz Bowl: Hold a trivia night at a local establishment. See if the restaurant will donate a portion of the night's proceeds to your team and give gift cards for the trivia winners.

R

Recycle: Collect Items that can be turned in for money

Roll Those Coins: Collect change and roll your coins into the coin wrappers or take them to a bank or coin converting machine to turn them into a cash donation.

S

Scavenger Hunt: Host an in person or virtual scavenger hunt with friends and family and charge a "fee" to participate while thinking of other creative ways to fundraise.



Sports Tournaments: Teams organize bowling, hockey, basketball, soccer or other tournaments. Play PS4, Computer or XBOX against friends.

Surprise.....You've Been Flocked: "Flock" managers, neighbors or co-workers by overtaking their office or yard with flamingos to raise funds for the Heart Walk. The flamingos are removed when a donation is made and for an addition donation they can send the next surprise flocking!

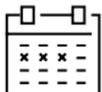
T

Theater Night: Ask your local theater or neighbor to host a special performance in which a portion of the ticket (and possibly concession) sales is donated to your Walk team. Invite everyone you know and promote the event through social media.

U

Ugly Sweater Contest: Get a group to dress up and have the audience vote via Zoom or in person for the ugliest sweater using dollars (\$1 = one vote). Winner splits the pot.

V



Vacation Day: Ask your employer if the company can offer a paid vacation day as a prize for your fundraiser.

Video Free Day: Instead of a traditional Jeans Day, make it a day with no video during meetings and feel free to dress down.

W

Wine-Tasting Party: Host and charge admission for a wine-tasting party with donated wine and cheese. Feel free to host this via Zoom and everyone can meet on-line.

X

“X Marks the Spot” Treasure Hunt: Teams pay a fee to compete against each other by following clues to discover the donated “hidden treasure.”

Y

Yard Sales: Work together as a team or have one individually and donate the proceeds to Heart!

Yoga Lunch: Get your co-workers to stretch away work stress in a lunchtime yoga session. Find a yoga instructor who will donate half or all the proceeds back to your team. Afterward, provide healthy treats/water with Walk Team information and fundraising goal if in person. If virtual state the goals and follow up to fund-raise.

Z



Zany Day: Get people to pay to dress in the craziest outfits they can put together at the office, on-line or in the neighborhood.

ZZZ: Pay a fee to catch some extra shut-eye and go into work late on Monday or stay logged off until lunch!