




- A** Auction Hold an auction, either online or in person. Ask for donations from anyone you know and get everyone bidding to get funds coming in.
- B** Bake Sale Bake those cakes, get your friend and colleagues to bake cakes, sell them at work on cake day!
- C** Collection Cans Adopt one of our collecting cans – place it in a local shop/restaurant/ café etc and check in on it every 6 months or whenever it needs emptied.
- D** Dinner Party Hold a dinner party, theme it if you like and ask all guests for donations.
- E** Eurovision Party Dress up in Eurovision style, invite friends around to watch Eurovision. Hold a sweepstake or have a raffle.
- F** Fancy Dress Day Choose a dress up day at work and ask everyone for donations for the privilege of doing so.
- G** Give Something Up Get sponsored to give up chocolate / swearing / speaking / hair washing!
- H** Headshave Shave your head and get donations from your friends.
- I** It's a Knockout Organise an It's a Knockout event in your local area.
- J** Just Donate You can make one off or regular donations to us straight in to our bank account.
- K** Kiltwalk Choose your date, choose your location, choose your distance and sign up for one of the most inspiring fundraising events of the year.
www.thekiltwalk.co.uk
- L** Loose Change Collection There is so much loose change lying about our houses and we don't use cash much anymore, so make sure it is well used by collecting it all up and donating.
- M** May Campaign Join our May Campaign, share our social media posts and encourage donations from your family and friends.
- N** Nearly New Sale Jumble sale / yard sale/ bric-a-brac / car boot sale – all great ways of raising funds.

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- O** Odd Jobs Offer to carry out odd jobs in your neighbourhood, get you family involved, you could be weeding gardens, washing cars.
- P** Payroll Giving Speak to your employer about payroll giving – a regular contribution to our cause straight from your salary.
- Q** Quiz Night Hold a quiz night, either online or in person, ask for donations throughout the night.
- R** Running Events Sign up for a 5k, 10k, half marathon, full marathon, ultra marathon, triathlon – the options are endless.
- S** Sweepstake Hold a sweepstake whenever any large sporting event is happening – football, rugby, Grand National, London Marathon.
- T** Teddy Bears Picnic Get the children involved, get them to bring a teddy bear along to the park for a picnic, asking the parents / carers to donate to our cause.
- U** University Challenge Organise your own University Challenge at school/ college / University.
- V** Virtual Challenge Sign up for any number of virtual challenges eg. www.theconqueror.events
- W** World Record Attempt Check out the Guinness Book of Records and find that record that you think you could beat.
- X** X-box Challenge Challenge your friends to X-Box competitions and charge them for taking part.
- Y** Yoyo Challenge How many yo-yo's can you do, hold a competition or get sponsored. Get everyone in your workplace involved.
- Z** Zip-Wire Take part in an organised Zip-wire event.

**In life, every hour, minute and seconds counts.
Once it passes by it will never come back again.**

Please help raise funds for Food Train

Email: fundraising@thefoodtrain.co.uk

Call: 01387 270800

www.thefoodtrain.co.uk