

Veg Pledge fundraising ideas

You've taken the plunge, signed up and are ready to go vegetarian for Cancer Research UK for one month. What next?

We're here to help make sure you're rewarded for your efforts; we've even put together these handy fundraising tips and ideas to kick-start your challenge.

Don't be shy about asking your friends, family and workmates for sponsorship – you deserve it!

Getting started

Get off to a flyer!

You've signed up and are raring to go. What now? Where to begin? Show potential supporters that you're committed and kick off the donations yourself with a contribution to your Cancer Research UK Giving Page.

Tell your story

Our most successful fundraisers often have really personal Giving Pages. Kit yours out with the works – consider

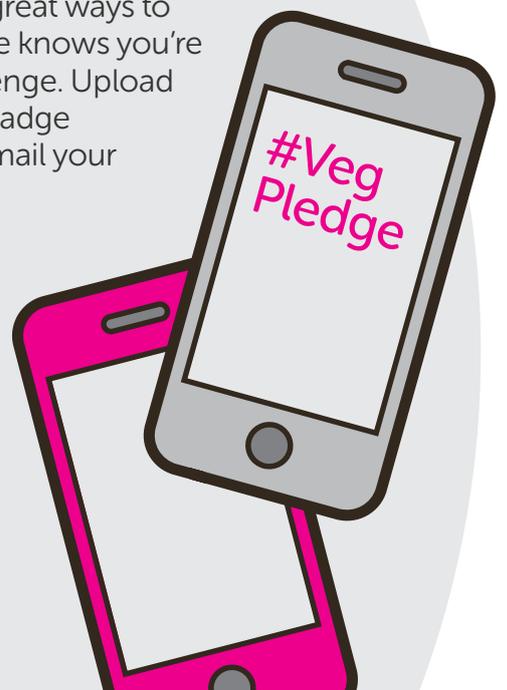
including the story of why you're taking part, regular updates and of course a thank you to your lovely donors!

Team up

Encourage your mates to sign up and take the Veg Pledge for Cancer Research UK too. By joining together to fundraise, you can hit those fundraising targets in no time.

Promote yourself online

There are loads of great ways to make sure everyone knows you're taking on the challenge. Upload our official profile badge to Facebook and email your networks for some instant results.



Fundraising events

Wrap up event

"I'll donate when you've done it!" The words no fundraiser wants to hear. Hold doubters to their word with a wrap up event at the end of your month to celebrate your success and lap up those last minute donations.

Quiz night

Everyone loves a quiz – it's a great way of attracting guests and getting them to donate. You could even throw some vegetarian related questions into the mix.

Come dine with me – veggie style

Host a dinner party with your friends and family with a vegan only menu. Ask them to donate what they would have paid in a restaurant.

Fundraising boosters

Film a video

Film a video of yourself to show you're going vegetarian for Cancer Research UK and share on your social networks.

Raffles and hampers

Ask your local food shops to see if they will donate some delicious veggie foods to make up a hamper, then raffle this off. You could even include a meal voucher to a local vegetarian friendly restaurant.

Dare your teammates

If you're fundraising as a team, raise the stakes and give out cash penalties to teammates not pulling their fundraising weight.

At the office

Around the world feast

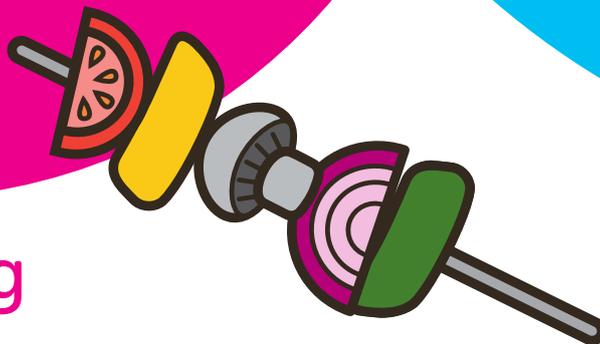
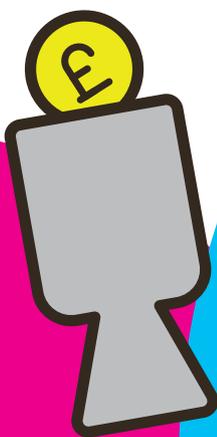
Get everyone in your team to bring a different vegetarian dish from around the world and serve it up to your colleagues at lunch in return for a donation.

Ask your employer

What's your company prepared to donate for your fundraising efforts? See if they'll match the funds that you raise or make a donation to your Giving Page.

Go green for the day

Wear green and do good veggie deeds for the day like hosting a vegetarian lunch. Make sure you tell everyone about your challenge and why you're taking part to encourage donations.



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Together we will beat cancer