Veg Pledge fundraising ideas

You’ve taken the plunge, signed up and are ready to go to vegetarian for one month for Cancer Research UK. 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 your official profile badge to Facebook and email your networks for some instant results.

#VegPledge
**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 vegetarian only menu. Ask them to donate what they would have paid in a restaurant.

**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.

**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.