



## How to raise your first \$100 or \$500

Starting off fundraising can be daunting so we want to help you get off on the right foot.

How to raise your first \$100	
Action	Total
Make your own contribution of \$20	\$20
Ask your significant other for \$10	\$30
Ask 2 family members for \$10 each	\$50
Ask 2 friends for \$10 each	\$70
Ask 2 co-workers for \$10 each	\$90
Ask a neighbor for \$10	\$100

How to raise \$500	
Action	Total
Make your own contribution of \$30	\$30
Ask your significant other for \$30	\$60
Ask 4 family members for \$20 each	\$140
Ask 4 friends for \$20 each	\$220
Ask 4 co-workers for \$10 each	\$260
Ask 4 neighbors for \$10 each	\$300
Ask your supervisor at work for \$20	\$320
Ask if your company will sponsor you \$50	\$370
Ask two local businesses that you frequently support for \$30	\$430
Offer to pet sit or babysit for a neighbor - \$20	\$450
Host a coffee morning, cake sale or garage sale at your house - \$50	\$500

**Other ideas:** Ask friends on Facebook and Twitter - share your fundraising page each week | Share directly with friends through Private Message on Facebook | Leave a contribution jar at work | Ask family and friends to donate for a birthday or special event instead of gifts | Ask people at your place of worship or social club | Ask people who you have donated to in the past to support your effort | Arrange a dress down day at work - anyone dressing down has to donate \$5 | Hold a bottle and can drive | Organize a school fundraiser



[www.als.net/cornToss](http://www.als.net/cornToss) | [events@als.net](mailto:events@als.net) | 617-441-7205



The ALS Therapy Development Institute is a 501 (c) (3) EIN# 04-3462719. All donations are tax deductible.