

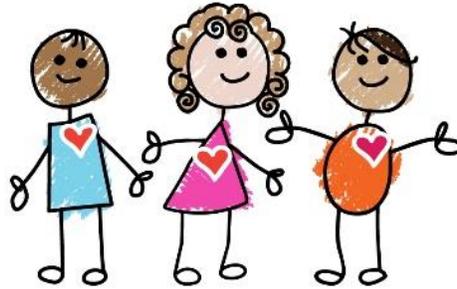
I Can for Kids!



FUNdraising Toolkit



I Can for Kids!



Help me put an end to summer childhood hunger

For most kids, the end of the school year is an exciting time when they look forward to connecting with friends and family over the summer, to laugh, play, and make special memories, some that can last a lifetime. But for many kids in our city, summer is a time of anxiety, isolation and hunger - those memories *will* last a lifetime, and the impact can be devastating.

School nutrition programs play a critical role in helping children build healthy minds and bodies. A meal received at school may be a hungry child's only meal of the day. Sadly, the majority of kids who count on these programs during the school year do not have the same access to a free meal during the summer. The resulting hunger can have an overwhelming effect on their physical, emotional and social health, and delay their academic performance by up to two months at the start of the school year.

Whether affected by a job loss, a health crisis, or escaping a life of abuse, thousands of Calgarians struggle to put food on the table every day. Rising food prices, increased child care costs over summer, and back-to-school expenses make it increasingly difficult for parents to provide basic needs for their children. And sadly, the fear of stigma and social and physical barriers make it difficult to feel supported.

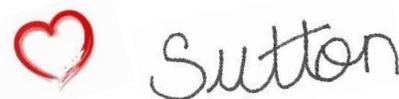


It's imperative that hungry kids can access food in a manner that's timely, efficient, and suitable in terms of quantity and quality. That's what inspired I Can for Kids to create a unique program that reaches the hungriest kids where they live and play, all summer long.

Through a network of frontline agency and community partners, I Can for Kids provides preassembled, non-perishable food packs, fresh fruit, peanut butter and an assortment of other nutritious items to children and youth who would otherwise go hungry.

I need your help. Please join me in putting an end to summer childhood hunger in our community by hosting an I Can for Kids FUNdraising activity with your school, sports team or club. Our toolkit will help get you started. Together, we'll help children and youth get the nourishment they need to learn, play and grow throughout the summer months, giving them the worry-free summer they deserve and a healthier start to their school year.

Thank you!



Planning your FUNdraiser

Thank you for choosing I Can for Kids as beneficiary of your FUNdraising activity! The following information provides ideas and tips to help you be successful, have fun and support hungry kids who need your help.

1. Meet with your parents, teacher, coach or club leader to share your idea and get their approval.
2. Select a **FUNdraising** activity below, or one that best suits you or your school, team or club.
3. Ask your friends, classmates or teammates to help you plan and execute your FUNdraising activity.
4. Set a challenging, yet attainable fundraising goal. Create a fun thermometer to watch your progress.
5. Establish a budget and set goals.
6. Plan your activity and assign responsibilities.
7. Create a timeline to help you and your fellow planners stay on track.
8. Rally your friends, fellow students, teachers, teammates and family support.
9. Promote your FUNdraiser with posters and announcements.
10. Have fun and celebrate your success!



One more thing...**let us know what you're up to**, we'll promote your activity on our Facebook page!

All funds raised will help I Can for Kids provide thousands of hungry kids in our community with the food they need to have a worry-free summer and a better start to their school year.

Awesome to Zany FUNdraising ideas

Awesome Air Band Contest: Students and teachers show off their air band skills on the gym stage over a lunch hour. Participating bands pay a fee to enter. Admission is charged to collect donations, or \$1 is charged for each vote cast.



Art with a Heart: Kids make and sell their artwork to benefit I Can for Kids.

Baby Photo Contest: Teachers and/or students display their baby pictures and collect \$1 votes for the cutest baby.

Bake Sale: Kids bake their favorite cookie recipe for a school bake sale. Coordinate the bake sale at a special time of the year to add a themed element to the treats, or choose a theme for the baked goods like Christmas, Valentine's Day or Halloween.

Benefit Concert: Students collect donations for admission to their school band concerts.

Big Tippers: Find a local restaurant that is willing to participate. Kids will take over waiting tables and bussing dirty dishes, in exchange for tips. Tips are donated to I Can for Kids. Pick a restaurant that is popular so that you can ensure a large turnout.

Bingo: Students sell bingo cards and offer prizes collected from local businesses.

Board Game Tournament: Charge an entry fee for each team to collect donations

Awesome to Zany FUNdraising ideas

Car Wash: Kids set up a car wash in a local parking lot during a time that will offer significant public response. Weather permitting.

Carnival: Provide games and entertainment with all proceeds benefitting I Can for Kids.

Cookbook Sale: Gather favorite recipes and compile a cookbook to sell.

Cook-off lunch: Culinary students compete for bragging rights as you charge fellow students and teachers to come and sample and vote for the best. Admission is charged to collect donations.

Counting on You: Participants guess the of jelly beans, paperclips, marbles, coins, etc. and pay to enter the contest. The winner gets a prize.

Craft Sales: Students set up tables to sell their crafts during a lunch hour. Proceeds from sales benefit I Can for Kids.



Dunk Tank: Rent a dunk tank and give students an opportunity to buy the chance to dunk a teacher or principle. A dunk tank is a great way to enhance a carnival, cookout or bake sale.

Field Day: Host a day of field events such as a 5K run, an obstacle course and a tug-of-war.

Haunted House: Scare up some great donations when you build and operate a haunted house in the school gym and charge admission. Halloween themed treats can also be sold to raise additional money.

Kisses for Kids: Students sell candy kisses with a note reminding the purchaser that proceeds benefit hungry kids.

Laps for Love: Students collect pledges for each lap they make around a track or gym.

Lemonade Stand: Kids pick a location where thirsty people are and sell the summer thirst-quenching classic everyone loves.

Lucky Loonie Day: Held on each Friday the 13th, students donate a loonie.

Magic Show: Kids or a local magician put on a special show and guests are charged admission.

Mini Golf: A mini golf course built by students on the school grounds or in the gym and participants are charged admission to play a round.

Movie Night: Students host a movie night in the school gym and charge admission. Guests bring their own lawn chairs and blankets. Set up a concession stand for additional donations – have concession snacks donated.

Pancake Breakfast: Host a community breakfast, charging a set fee for the meal. Have the food donated.

Picture with Santa/Easter Bunny/etc.: Charge \$5 per photo.

Awesome to Zany FUNdraising ideas

Pie in the Eye: Auction off pies (made of thin paper plates and whipped cream) to be thrown at teachers and/or the principal.

Potluck Day: Have families bring their favorite dish along with copies of the recipe to a family potluck dinner and charge admission.

“Quarter” Rally: Line a hallway or gym with double stick tape and invite students to add quarters to make a long continuous rope of donations.

Recycling Drive: Students collect aluminum cans and plastic bottles and bring to the school on a specific date.

Silly String Shoot Out: Sell cans of silly string to students who take aim at volunteer teachers and principal.

Sock Hop: Host a dance and charge admission. For extra fun, have a theme like a 50’s sock hop and sell refreshments that reflect the theme.

Spirit Chains: Have each homeroom sell paper links for 10 cents. The links are assembled together in a giant chain. Use school colors. Homerooms compete for “most spirit.” Provide incentives/prizes for the winning homeroom.

Stick it to the Principal: Students purchase pieces of duct tape for 25 cents each and collectively use the pieces to tape the principal to the wall.

Talent Show: Encourage participants to show off their talents for a great cause. Charge an entrance fee for the acts, admission for the audience and earn extra cash by having a concession stand.

To Shave or Not to Shave: A teacher or principal volunteers as the “shavee” and collects donations from students and fellow teachers for either shaving or not shaving their head. The “shavee” follows thru with whichever side has collected the most donations. Should the donations determine the “shavee” must shave their head, then the opportunity to be the head shaver can be auctioned off.

Treasure Chest: Fill a chest with donated prizes and sell keys to open the chest.

Wishing Well: Place a secure student designed wishing well in a high-traffic area.

Zany Dress Day: Kids and teachers pay \$2 for the chance to come dressed as the favorite celebrity, animal, or other fun character.

For a little extra fun... challenge a rival school or sports team to see who can raise the most money!



Important stuff your ADULTS need to know

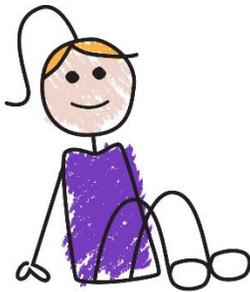
I Can for Kids encourages everyone to be safe and have fun when hosting or participating in any third party fundraising activity. Ensure your activities do not cause harm in any way to the participants or the environment in which your event takes place.

I Can for Kids is NOT responsible for:

- Coordinating any part of third party FUNdraising events or activities
- Any expenses incurred by third party FUNdraising events or activities
- The selling of tickets, securing sponsorship, or assuming any responsibility for fundraising required for third party events or activities
- Damages or injury as a result of third party FUNdraising events or activities
- Obtaining the appropriate insurance, permits and/or licenses for third party FUNdraising events or activities

All funds raised are due to I Can for Kids no later than June 30, 2017.

Contact us



Let us know what you're up to!

For questions or to learn more about hosting an I Can for Kids FUNdraiser, please contact us:

By phone: **403-815-9604**

By email: info@icanforkids.ca

For more information about I Can for Kids, please visit www.icanforkids.ca