

# A-Z FUNDRAISING IDEAS

Whether you're a seasoned or first time fundraiser, get inspired with these fundraising ideas below!

- A Host an online auction** with donated items. Put the funds towards your team! Someone can't donate? Ask them to donate an item for your auction instead!
- B Dedicate your birthday** and ask for donations instead of gifts! Consider using your age for the donation amount. Ex. Ask for \$35 donations for your 35th birthday!
- C Coffee Challenge.** Give up your daily cafe drink for 2 weeks and make a \$5 donation in place of each cup!
- D Dine to Donate.** Ask a local restaurant or business to donate part of their sales for a night (or more!) to your fundraiser.
- E Donation Exchange.** Offer to exchange services for your friends, family and coworkers such as cleaning their car or picking up their dry cleaning in exchange for a donation!
- F Fundraise on Facebook** by syncing your Facebook account with your Moving Day Page in your participant center.
- G Giveaway** a prize or experience such as a lunch with a local celebrity to one lucky donor to incentivize donations!
- H Send Holiday Cards** asking for donations instead of presents.
- I Share your Fundraiser on Instagram.** Post on your story and share these social media graphics! Do you know an influencer? Ask them to help you promote it!
- J Tell Jokes in exchange for donations!** Consider hosting a comedy night to raise funds.
- K Host a Fundraising Kickoff.** Consider hosting a BBQ or Picnic to invite your friends, family and coworkers. You can also host a virtual kickoff!
- L Share your Fundraiser on LinkedIn** to tap your professional network for support.
- M Offer a Matching Gift** to encourage your supporters to donate or ask your employer to match a certain amount of your donations!
- N Neighborhood Garage Sale.** Host a garage sale in your neighborhood and turn the proceeds into donations. Ask your neighbors if they'll do the same!
- O Online Sales.** Ask a business to solicit donations at checkout on their online store.
- P Phone-a-thon.** Start a phone tree to ask for donations!
- Q Quarter Wars.** Start a vote and ask for 25 cents for each vote someone submits!
- R Round Up.** Ask a local business to round up their sales and donate the difference to you!

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- S Sell baked goods or crafts** in exchange for donations.
- T T-Shirt Fundraiser.** Design and sell shirts for donations. Also, a great way to raise awareness and show team pride!
- U Used Book Sale.** Ask friends to donate used books to sell and donate the proceeds!
- V Volunteer** and request a volunteer grant through your employer! Did you know that many companies consider Team Captains to be a volunteer role?
- W Write a Handwritten Letter** to distant relatives, friends and even companies telling your story and asking for support.
- X Post a call to action to donate on X** formally known as Twitter. Be sure to add to your profile too!
- Y Yoga.** Ask your local yoga studio if they can offer free yoga classes in exchange for donations.
- Z Zoom.** Set up a Zoom fundraising happy hour! This is a great way to engage with friends, family and coworkers who live far away.

## GET INSPIRED!

Glen Clemmons, a realtor, donated 5% of his commission to the Parkinson's Foundation every time he sold a house in honor of his mother making him the top Moving Day fundraiser.

"Moving Day is a great example of the support system we've found through the Parkinson's Foundation."

[Read more about Glen's story.](#)



Do you have a check donation to turn in?

Mobile deposit through the Parkinson's Moving Day app or mail to the address below.:

**Parkinson's Foundation**  
**Attn: Donor Relations/Moving Day**  
**200 SE 1st Street, Suite 800**  
**Miami, FL 33131**

Be sure to include the mail in donation form found on your personal page or a note about where the donation should be credited to.