



EVERY STEP IS A STEP CLOSER TO THE CURE



VIRTUAL FUNDRAISING IDEAS

Even though we continue to live in a virtual world, there are still fun and unique ways to make a big difference at this year's Sun Life Walk to Cure Diabetes for JDRF! Check out our favourite Virtual Fundraising Ideas below and tag us on **social media** to share your own unique ideas!



100KM Step Challenge

To celebrate the centenary anniversary of the discovery of insulin, JDRF is challenging our Walkers to each walk 100KM. That's just 7,500 steps for 20 days! Challenge your friends and family to take the 100KM Step Challenge with you to raise funds and awareness for T1D!



#ThirtyDollarThursdays

Pick a Thursday and challenge your social media friends, family and network to donate \$30 towards your fundraising. Share your results online and share the impact you are all making. And don't forget to say thank you!

100

Walking not your thing? Think 100!

Choose a fun alternative to the Step challenge! How about 100 sit up's every week? Or making a goal to garner 100 donations to your fundraising campaign? However you participate, you will be taking an important step to commemorate a Canadian milestone that is seen around the world as one of the greatest achievements in medical research history!



Virtual Concert

Are you musically inclined? Consider hosting a virtual concert and ask attendees to make a donation to watch your performance.



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Young Picasso for a Cause

Have your supporters send you a photo of someone or something that your young artist can recreate as a one-of-a-kind art piece for a donation! Share the keepsake with your donor with a special thank you note from your child for a special memento for years to come.



Team Spirt Day

Working from home? Ask your colleagues to make a \$5 donation to wear a jersey, t-shirt, sweatshirt or a cap from their favorite sports team, and have them sport their look on your next work call.



Go BLUE!

Show your support for the T1D Community by going blue! That's right...dye your hair blue! Not quite that bold? Try blue highlights or a blue outfit for the entire month. Set a fundraising goal and once you hit it, share your new blue style on your next Zoom call!



Old-Fashioned Bottle Drive

Set up an account at your local bottle depot and ask your friends and neighbours to drop off empties while supporting your Walk fundraising!



Donate Your "Big Day" to T1D

If you have a birthday or anniversary approaching, ask your friends and family to support you with a donation in lieu of gifts.



Virtual Garage Sale

Clean out the basement and give back to the T1D community! Use Kijiji or Facebook Marketplace to sell your goods (while practicing safe social distance measures!)

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