



NEDA'S VIRTUAL FUNDRAISING GUIDE

Become a NEDA Warrior today.

National Eating Disorders Association
1500 Broadway, Suite 1101, New York, NY 10036



Make a Personal Donation

If you can, jump-start your personal fundraising by making a personal donation. No amount is too small. Plus, family members and friends are more likely to donate when they see that you are personally invested in fighting eating disorders.

Create a Facebook Fundraiser

This is an easy way to reach your extended network and raise money. All you need to do is log into your participant center and click "Connect to Facebook." You will be on your way to top fundraiser status in no time!

Host a Virtual Movie or Game Night

Organize a movie or game night and invite your friends to participate with a small donation. Screen a must-see movie, or host a game like bingo or trivia! You'll have fun with friends while getting closer to your fundraising goal.

Create a Bonfire Campaign

Design apparel or accessories to benefit NEDA! [Bonfire](#) provides you with the tools you need to design your products, launch your campaign, and raise funds from the comfort of your home. Plus, it's free to use!

Craft and Create

Use your time at home to make things to sell for donations. Make cards, knit blankets, sew clothes, draw positive affirmations, stickers, etc. Get creative and have fun while you are raising life-saving funds.



Host a Virtual Scavenger Hunt

Invite friends and family to participate in a virtual scavenger hunt for a \$10 donation. Add to the fun by creating a theme for your event! This is a great way to stay connected to others while supporting NEDA.

Organize a "Raffle"

Find 10 or more family members, friends, colleagues, etc. to donate \$10 for a chance to win a prize. Purchase one \$25 gift card to a crowd-favorite retailer and use a random generator to select the winner. The rest of the proceeds will get donated to your personal fundraising goal!

Teach a Virtual Class

Many folks have extra time on their hands and they're eager to try new things, learn new skills, and just have a little fun! Take advantage of this opportunity by hosting a "lesson." Whether you're an amazing cook, a yoga guru, a talented musician, or an expert crafter, you can bring your community together for a fun afternoon while raising funds in the process! Charge a small "admission fee" to take part in your class, and put those funds toward your fundraising goal!

Create a Chain of Hearts (or the NEDA symbol)

Ask your personal network to purchase a paper heart or a cut-out of the NEDA logo, and make a window display! This allows your community to see how many people are supporting you in the fight against eating disorders.

Host a Virtual Garage Sale

Turn the clothes you no longer wear or household items you don't use into cash. Host a virtual garage sale using websites like Facebook Marketplace and Poshmark.

Questions? Contact walks@nationaleatingdisorders.org