



Your guide to  
**Hosting the ultimate fundraiser**

**Do it  
for  
heart.**



## Well hello there!

Thanks for your interest in hosting a Do it for Heart event and raising funds for Aussie hearts. Whether you're hosting a cook-off, a games night, an art class or a book club, this guide contains everything you need to kickstart your event planning.

## Register now!

Haven't signed up to Do it for Heart? Register here! Once you've created your personal fundraising page, you'll be able to access a wealth of resources – like decorations and promotional materials – to start bringing your event to life.

Find out more about **Do it for Heart**.



# Event ideas

If you're looking for event inspiration, look no further. Here are our top event ideas for fundraising success.



## Host a cook off

Keen for some friendly competition? Challenge your friends, family, or colleagues to a cook off, share a meal together and vote on the best plate – the winner gets bragging rights as the master chef of the group!

### Tips for hosting a cook off

- **Sign up for Do it for Heart** and register your event at [www.doitforheart.org.au](http://www.doitforheart.org.au)
- **Choose a venue.** This could be at home, at work or in a community space. All you need are sufficient cooking facilities – and space – for everyone competing.
- **Rally your chefs.** Spread the word among family and friends and lock in your competitors.
- **Set your theme.** Every cook off needs some basic guidelines. You could nominate a dish for everyone to make (lasagne, anyone?) or ask participants to incorporate a particular ingredient – like eggplant – into their cooking.
- **Send out your invites.** As well as your cook-off competitors, invite your food-loving friends to join the fun.
- **Raise funds.** Ask guests to pay entry fee via your Do it for Heart fundraising page – you could consider asking them to donate the cost of a meal at a restaurant – and incorporate other fundraising opportunities into the event as well. For example, ask attendees to contribute a \$10 donation to vote for the winning dish.
- **Create the right ambiance.** Throw on your favourite playlist, light some candles and get creative with our free, downloadable resources (available once you've registered) to decorate your venue.
- **Ready, set, cook!** Kick off your cook off once all your guests have arrived. As dishes are completed, get everyone to taste test and vote for their favourite.

***Crown your winner!***



## Recipe ideas

Want some heart healthy recipes to inspire your next culinary creation? Here are some of our favourite recipes.

### One pan Italian chicken roast

35 minutes (20 minutes cooking time)

Serves 4

Pitted Kalamata olives can be used in place of Sicilian olives.

Serve with wholemeal pasta instead of couscous, if preferred.

#### INGREDIENTS

500g washed potatoes, cut into 1½ cm slices

800g skinless, boneless chicken thigh fillets, trimmed of any fat (trimmed weight approx. 700g)

2 tablespoons olive oil

2 teaspoons dried Italian herbs

2 cloves garlic, crushed

2 teaspoons Dijon mustard

2 teaspoons lemon juice

1 red onion, cut into wedges

1 large red or yellow capsicum, cut into thick strips

2 large zucchini, cut into 2cm thick slices

250g punnet cherry tomatoes

1/3 cup (50g) pitted Sicilian olives

2/3 cup wholemeal couscous

Lemon wedges, to serve

#### METHOD

Place potatoes in a microwave safe bowl. Cover and microwave on High for 5 minutes. Stand, covered 5 minutes. Drain.

Meanwhile, make shallow cuts across chicken fillets, about 1½ cm apart. Combine oil, herbs, garlic, mustard and lemon juice in a large bowl. Add chicken and mix with clean hands to coat well.

Heat a large, lightly greased, flameproof roasting pan over a medium-high heat. Add chicken. Cook for about 2 minutes on each side, until lightly browned. Turn off heat. Transfer chicken to a plate. Add potatoes, onion, capsicum and zucchini to roasting pan. Toss gently. Arrange chicken over vegetables in pan.

Bake in a 220C oven (fan-forced) for 20 minutes. Remove. Add tomatoes and olives to pan. Bake for a further 10 minutes until chicken is cooked and vegetables are lightly browned and tender.

Meanwhile, place couscous in a heatproof bowl. Add 2/3 cup boiling water. Cover and stand 3 minutes, or until water is absorbed. Uncover. Fluff with a fork.

Serve roast with couscous and lemon wedges.



## Sweet potato, spinach & ricotta pies

50 minutes (20 minutes cooking)

Serves 4

### INGREDIENTS

Spray olive oil

1 tablespoon pepitas

1 tablespoon sunflower seeds

200g sweet potato, peeled, cut into 2cm cubes

300g baby spinach leaves

150g reduced fat ricotta

8 eggs, lightly beaten

2 tablespoons fresh mint chopped

4 sheets fresh filo pastry

### METHOD

Preheat oven to 200°C. Lightly spray four non-stick pie dishes with olive oil. Set aside.

Place sunflower seeds and pepitas onto a small baking tray and toast in the oven for 4-5 minutes or until golden. Set aside.

Place sweet potato in a large saucepan with water. Bring to the boil and cook for 15-20 minutes or until tender. Before draining sweet potato, place spinach in the saucepan for 30 seconds or until just wilted.

Drain sweet potato and spinach and place into a medium-sized bowl. Ensure most of the moisture has been drained/squeezed out of the spinach. Mash sweet potato with a fork and set aside to cool for 10 minutes.

Once cooled, place mashed sweet potato, spinach, ricotta, eggs, and mint in a large bowl and stir to combine.

Spray 1 pastry sheet with oil. Fold in half. Spray with oil then fold in half again. Press pastry square into 1 pie dish. Repeat with remaining pastry and pie dishes.

Divide the sweet potato mixture into the pie dishes. Place 4 pie dishes onto a baking tray and bake for 20-30 minutes or until the pastry is golden and the mixture is just set.

Evenly sprinkle toasted pepitas and sunflower seeds on pies before serving.





## Host a trivia night

Are you an endless repository of random facts? Then hosting a trivia night might just be the ideal fundraiser for you. Once you sign up, you'll have access to our ultimate Do it for Heart trivia pack, complete with questions, games and a quizmaster script. All you need to do is follow the prompts!

### Tips for hosting a trivia night

- **Sign up for Do it for Heart** and register your event at [www.doitforheart.org.au](http://www.doitforheart.org.au)
- **Lock in a venue** – you could host a trivia night at your home, at your work, at a community venue or online via platforms like Zoom, Google Hangouts or Houseparty. If you opt for a physical venue, make sure you choose somewhere with an obvious spot for the quizmaster to stand. Consider background noise as well – you don't want somewhere so noisy that players can't hear the questions.
- **Send out your invites.** Invite friends, family, teammates, and colleagues to attend. With the Do it for Heart trivia pack, you'll be ready to roll with a wide range of questions, which means there will be something of interest for everyone.
- **Charge an entry fee.** Include a link to your fundraising page on your invitations and ask everyone who attends to make a donation.
- **Create the right ambiance.** Set up a projector to show the trivia questions, and make sure you have plenty of pens and paper handy. Having music playing in the background will help people feel relaxed and can provide a talking point in between question rounds.
- **Keep it clear.** Spell out the rules at the start of the night so that everyone knows how to play – we've included a script in the trivia pack to help you do this.
- **Offer spot prizes.** To keep the momentum going, give players a chance to win prizes in between question rounds, either by answering brain teasers or competing in mini competitions like Heads or Tails.
- **Ask for additional donations.** Put up posters around the venue to make it easy for guests to donate via your fundraising page or consider charging players to participate in additional games and challenges throughout the evening.





## Host an art class

Are you a Picasso in waiting? Grab your paints, brushes and best mates for a night of crazy creativity.

### Tips for hosting an art class

- **Sign up for Do it for Heart** and register your event at [www.doitforheart.org.au](http://www.doitforheart.org.au)
- **Choose your format.** Select a subject or object for everyone to paint or use a paint-by-numbers template, depending on the skill level of your guests. More of an outsource? Look up art classes in your local area. You might be able to book a venue that's already fully equipped with canvases, easels and everything else you need.
- **Send out your invites.** Invite friends, family, and colleagues along to a night of painting – all skill levels welcome! The aim of the game is to have fun and raise funds.
- **Charge an entry fee.** Ask everyone who attends to make a donation via your fundraising page.
- **Share your experience on social media.** Keep your followers up to date with everyone's painting progress and encourage them to donate to your page.
- **Sell, sell, sell.** Sell or auction your paintings at the end of the event and donate the funds to your Do it for Heart campaign.



# Other host event fundraising ideas

If a cook off, trivia night, or art class isn't really your thing, don't despair – there are plenty of other fundraising events you can host. Here are some other ideas:



## Host a women's heart health event

Are you a woman living with heart disease? Share your story when you host a get together as part of Do it for Heart. You'll spread the word about women's heart health, help raise money for heart research, and have some next-level fun while you do it.

Charge admission or ask for donations on the day.



## Host a games night

Still a kid at heart? Host a night of classic boardgames, from Monopoly to Settlers of Catan; create a mini-Olympics with at-home events like Bocce, quoits, flip cup and an obstacle course; or turn your lounge room into an escape room puzzle. Invite your friends, family and colleagues to join the fun.



## Host a book club!

Passionate about reading? Get your besties together for some high-brow (or low-brow!) literary discussion. Whether it's a one-off event or a monthly meet-up, you can charge an entry fee for everyone who attends. Participants who make additional donations could win the chance to select the next book.



## Host a jam session

Raise money with music! Get together for a jam session with your music-minded friends and charge a 'play fee' for everyone who attends. Or, put on an in-person or virtual show for friends, family and the local community and sell tickets at the door.



## Host a sing along

Whether you're the next Mariah Carey or you can't carry a tune, a community singalong is a great way to bring people together. Choose some songs that everyone will know and charge an entry fee for participants and audience members alike.



# Tips for being the ideal host



## Make a (great) guest list

Choosing the right mix of guests help make your event a success. Think about guest dynamics, how well people know each other, and what sort of personalities might gel (or repel!). Try to invite people who are likely to mesh – but if you're hosting a work event, make sure you invite the whole team!



## Get specific

What sort of event are you hosting? Include the important details on your Do it for Heart fundraising page and on your invitations, including the venue name, dress code (if you have one), date, start/finish times and a date to RSVP. If some of your guests have a history of showing up late, build a buffer into your schedule. And get your invites out early – giving people a chance to lock the event into their schedules can help prevent last minute cancellations.



## Make an impression

Create an event to remember by dressing your venue up in style – once you've registered, you'll gain access to lots of downloadable resources including bunting, posters and table cards that you can use. As well as making your venue look great, it's also important to create a space that reflects the type of event you're hosting. For example, if you're hosting a meal, you might like to set out place cards so people know where to sit. If you're hosting a trivia night, have a focal point in the room so your guest know where you or the quizmaster will be standing when the event starts.

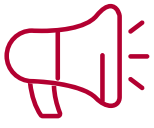


## Give them something to remember

Wrap up the event by announcing your fundraising total and thanking you guests for their contributions – it's important to show them what they've achieved and remind them where the money is going. You might also like to consider giving out party favours as guests leave – it's a simple gesture that will go a long way.



## Top fundraising tips



**Shout it aloud.** Spread the word about your event to your social and professional networks. We'll even supply you with a **Do it for Heart** event template to help you – download it at [doitforheart.org.au](https://doitforheart.org.au)



**Get social.** Share your fundraising page on social media.



**Double your impact.** Ask your employer or a sponsor to match your donations. Even if they can't match dollar for dollar, they might give a one-off gift instead.



**Increase your goal.** You've got a fundraising target, but don't stop there. Increase your target every time you hit your goal – it's a great way to keep your donors motivated.



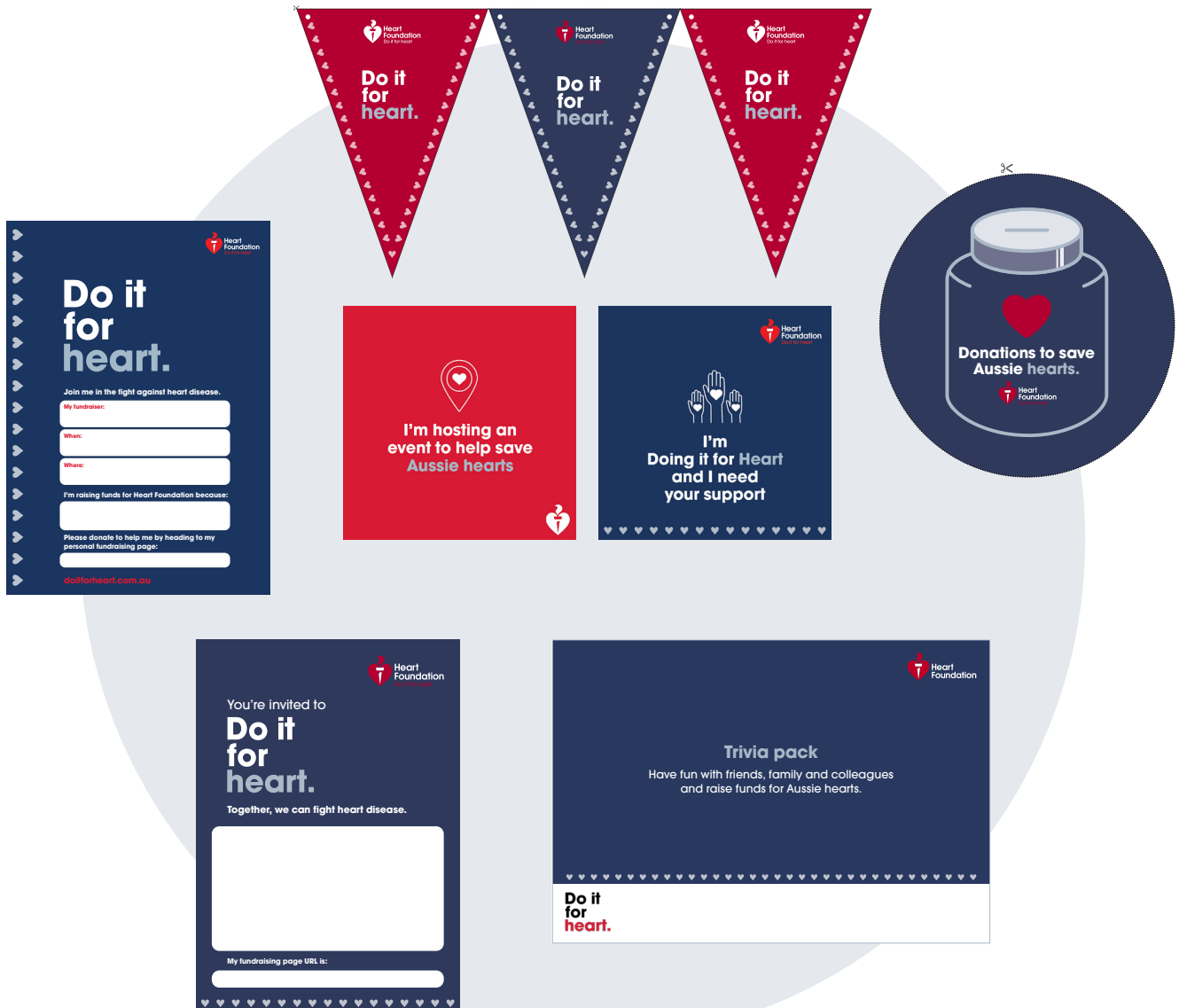
# Available resources

Running an event can be a big job, so we've created a wealth of resources to help you.

When you sign up for **Do it for Heart**, you'll gain access to downloadable:

- social media files
- invitations
- bunting
- place cards
- a trivia quiz
- posters

Our community fundraising staff can also assist you throughout the planning process to ensure the success of your big day. Contact them at **communityfundraising@heartfoundation.org.au**



# Do it for heart.

[doitforheart.org.au](https://doitforheart.org.au)

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