

eating
disorders
Nova Scotia

**INDEPENDENT
FUNDRAISING
GUIDE**



THANK YOU!

Thank you for hosting a fundraiser in support of Eating Disorders Nova Scotia to help ensure no one has to face an eating disorder alone.

We want to make sure you have everything you need to be successful.

On the following pages you'll find more information about Eating Disorders Nova Scotia, eating disorders, how to get started, ideas for events, and more!

ABOUT

Eating Disorders Nova Scotia is a community based, charitable organization.

We believe in inspiring hope, increasing understanding, and offering meaningful support at all stages of recovery.

Our services include:

- Individual Peer Mentoring;
- Online chat;
- Virtual Peer Support group;
- Groups and Workshops;
- Nutrition counselling; and
- Families and Friends Peer Support.

All of our services are available without a referral or a diagnosis.

Eating Disorders Nova Scotia depends on the generosity of our community to fuel recovery.

We believe that no-one should have to face an eating disorder alone.

Charitable Number: 766298525 RR 0001

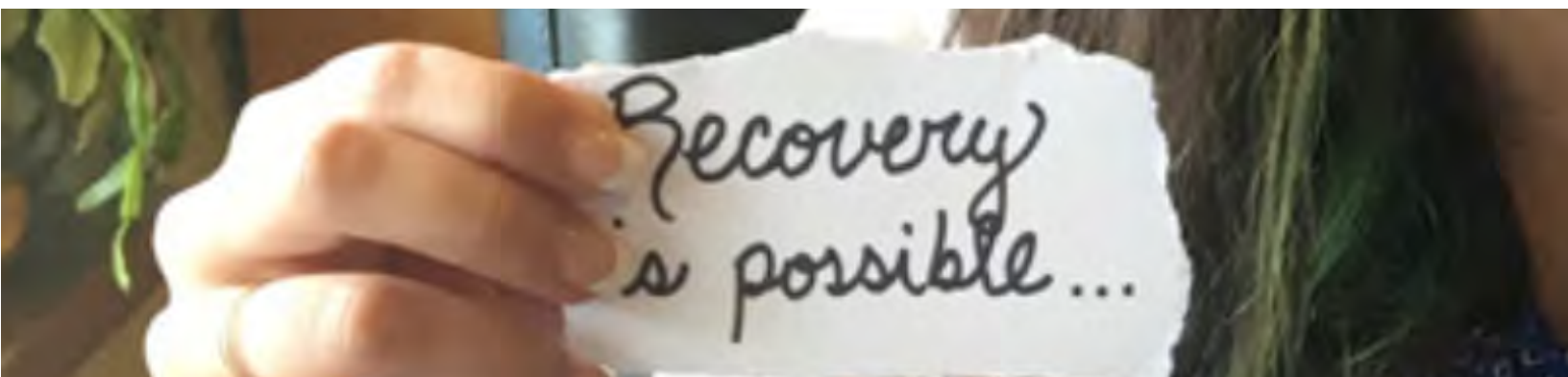
WHAT IS AN INDEPENDENT FUNDRAISER?

An independent fundraiser can be hosted by an individual, a group, workplace, community organization or school with proceeds coming to Eating Disorders Nova Scotia.

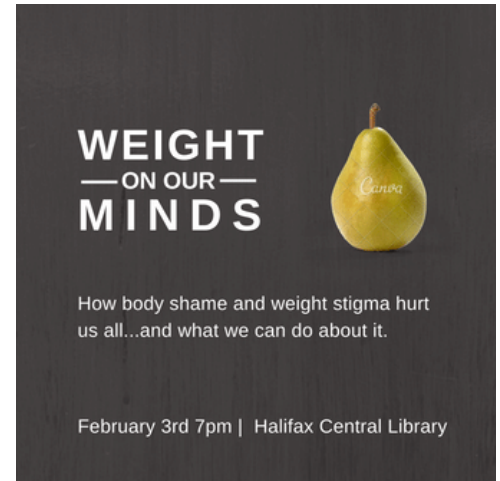
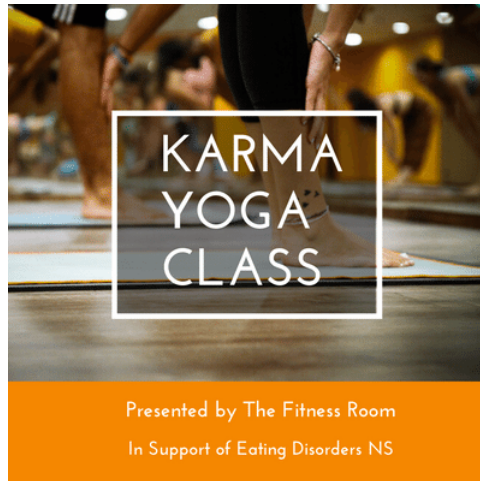
Events planned and executed by you or your group helps fuel recovery and raise awareness about the importance and severity of eating disorders.

Independent fundraisers are not Eating Disorders Nova Scotia events, rather they are hosted by an external party that benefit Eating Disorders Nova Scotia.

By reaching out before your event Eating Disorders Nova Scotia can provide you with support and resources to be successful.



DO YOU HAVE A GREAT IDEA?



LET US KNOW!

Review the guidelines.

Send an email to info@EatingDisordersNS.ca and let us know the details of your event.

If you would like a representative from Eating Disorders Nova Scotia to attend your event, please reach out as soon as possible with the details. We cannot guarantee someone will be available but we can try.

If you would like to discuss your idea further, please reach out to us at info@EatingDisordersNS.ca

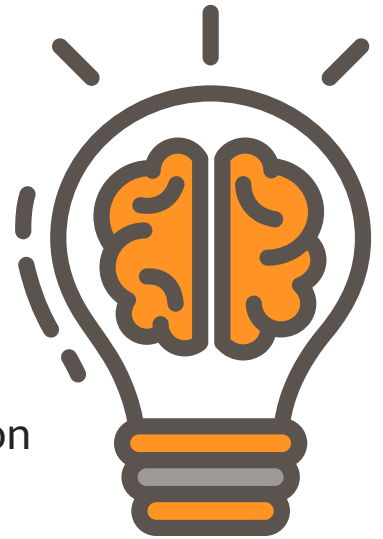
Please remember, if your event involves alcohol to ensure safe drinking practices and that people can get home safely.



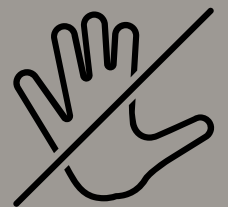
NEED SOME IDEAS?

WANT TO RAISE FUNDS BUT NOT SURE WHAT TO DO?
CHECK OUT THE LIST BELOW TO GET STARTED.

- Casual Days
- Sports Tournament
- Bake Sale
- Scavenger Hunt
- Nickle Drive
- Holiday Party
- Coffee Can Donations
- Barbeque
- Car Wash
- Used Book Drive
- Craft Sale
- Plant Sale
- Snack Desk
- Raffle
- Trivia Night
- Bottle Drive
- Gift Wrapping
- Pancake Breakfast
- Pumpkin Carving Contest
- Movie Night
- Battle of the Bands
- Dunk Tank
- Ice Cream Social
- Cake Walk
- Chili Cook Off
- BINGO
- 50/50 Draw
- Silent or Live Auction
- Paint Night
- Fashion Show
- Dinner/Gala
- Collect donations next to cash register
- Donate a portion of sales
- Ask for donations instead of presents for your wedding/birthday/anniversary
- Facebook fundraiser



FUNDRAISERS WE CANNOT SUPPORT



To keep everyone safe and healthy, we ask that you do not host events that involve restricting food or compulsive/excessive eating or exercising.

SUPPORT

WE WANT YOU AND YOUR FUNDRAISER TO BE SUCCESSFUL!

THE FOLLOWING SUPPORTS ARE AVAILABLE TO YOU:



- Provide you with logo and brand colours
- Promotional materials (brochures, handouts)
- Provide acknowledgment letter (for donation solicitations or licensing purposes)
- Personalized donation page
- Promotion through our social media and email channels
- Issue tax receipts (as applicable)
- Attend your event as a representative (depending on availability)

***“EATING DISORDERS NOVA SCOTIA’S PROGRAM HAVE SHAPED MY RECOVERY.”
- PROGRAM USER***

GUIDELINES

All events should be consistent with the mission and values of Eating Disorders Nova Scotia.

To keep everyone safe and healthy, we ask that you do not host events that involve restricting food or compulsive/excessive eating or exercising.

Independent fundraisers are responsible for any licenses or permits and insurance required. A letter of support can be provided if needed.

Eating Disorders Nova Scotia reserves the right to withdraw support from any event that does not follow the policies and guidelines provided.

PLEASE KEEP IN MIND THAT EATING DISORDERS NOVA SCOTIA CANNOT:

- Provide reimbursement or funding for event expenses
- Supply you with donor or program user contact information
- Obtain licenses or permits for you (eg. liquor or gaming licence)
- Assume financial or legal liability for your event
- Provide insurance for your event
- Provide a tax receipt for one individual/organizer for the funds raised by the event

Note: [You can read more from CRA guidelines for issuing of receipts on their website.](#)

STEP BY STEP

HERE ARE SOME STEPS TO HELP GUIDE YOU AND YOUR EVENT.

1

LET EATING DISORDERS NOVA SCOTIA KNOW

We want to support you, so let us know about your event. Send an email to info@EatingDisordersNS.ca with the details.

2

GET PLANNING

Decide on your idea, date and location for your idea. Make sure you have a Plan B for poor weather and consider accessible venues.

3

SET YOUR GOALS

What is your fundraising goal? What is your budget?

4

GET ORGANIZED

Do you need volunteers, donations, permits? If your idea includes alcohol, raffles, or lotteries you will require a permit.

5

PROMOTE YOUR EVENT

Let everyone know about your event! Use social media, flyers, radio, tv, word of mouth. Consider reaching out to local media sources and using popular hashtags. Tag Eating Disorders Nova Scotia in your social media posts.

6

AFTER THE EVENT

It's time to submit the funds you raised to Eating Disorders Nova Scotia.

You can:

- [donate online](#)
- e-transfer to Shaleen@EatingDisordersNS.ca
- or send a cheque to 109 Drummond Rd Halifax NS B3P 2L2

7

AFTER THE EVENT PART 2

Thank everyone who helped you (they're more likely to help again if they feel appreciated), who attended your event or donated, or sponsored your event.

If you have permission, share and pictures or videos from your fundraiser. Don't forget to tag Eating Disorders Nova Scotia!

TAX RECEIPTS

TAX RECEIPTS CAN BE ISSUED FOR THE FOLLOWING:

- Gifts made with no expectation of return
- A portion of ticket sales for some events
- Pledges for participants
- Gifts-in-kind (in accordance with CRA guidelines)

TAX RECEIPTS CANNOT BE ISSUED FOR THE FOLLOWING:

- Gifts of service
- Purchase of an auction item
- A donation that is made from a group collective
- Tickets representing a return
- Gifts from other registered charities, unions or groups
- Lottery tickets
- Tickets for draws

FOR FURTHER INFORMATION FROM CRA:

<https://www.canada.ca/en/revenue-agency/services/charities-giving/charities/policies-guidance/policy-commentary-026-third-party-fundraisers.html>

ABOUT EATING DISORDERS

- Eating disorders are the 3rd most common mental illness
- Eating disorders impact a lot of people - 1 in 12 people live with an eating disorder
- Anyone can develop an eating disorder – regardless of age, size, gender, ethnicity or income level
- Eating disorders are the product of a complex interaction between genetics, biological, metabolic, psychological, and environmental factors
- Types of eating disorders include: Anorexia, Bulimia, Atypical Anorexia (which is anorexia without the low weight), Binge Eating Disorder, Avoidant/Restrictive Food Intake Disorder, Other Specified Feeding or Eating Disorder and Unspecified Feeding or Eating Disorder
- Eating disorders don't have a "body type" - someone's size isn't an indicator of their level of suffering. People can have an eating disorder and live in any body size and shape
- Eating disorders can be debilitating, and have the highest mortality rate of any mental illness
- Only about 1 in 10 people access treatment
- With support and treatment, most people can make a full recovery

EATING DISORDERS NOVA SCOTIA

LEARN ABOUT OUR PROGRAMS



The Peer Mentoring Program provides confidential, tailored, informal and non-judgemental support from someone who has recovered from an eating disorder and completed in-depth training.



Each chat session is facilitated by one of our trained Peer Mentors. These group discussions are open and casual with no structured agenda.



A monthly Virtual Peer Support Group for anyone who cares for someone with an eating disorder. Groups provide a safe place for peer-to-peer sharing, support, education, guidance, encouragement, and to offer hope as we support our loved ones.



Virtual Workshops dive into topics related to eating disorder recovery to develop new or helpful insights into recovery.

EATING DISORDERS NOVA SCOTIA

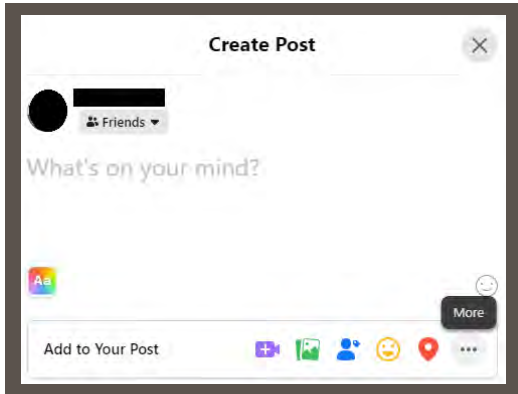


Nutrition Counselling is for folks of all ages and backgrounds of Nova Scotians who are experiencing eating disorders or disordered eating. No diagnosis necessary. Sliding scale available.



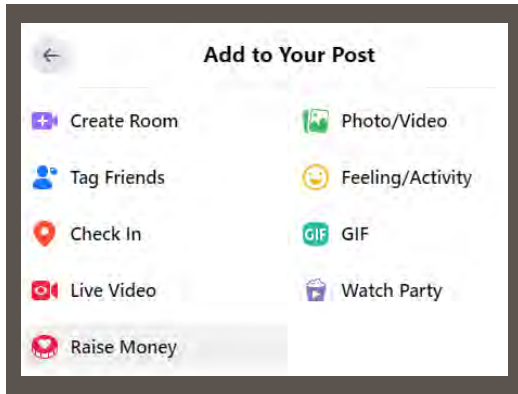
Each Virtual Peer Support Group is facilitated on Zoom by one of our trained Peer Mentors. These group discussions are open and casual with no structured agenda.

FACEBOOK FUNDRAISER 101



On your profile, click to create a post.

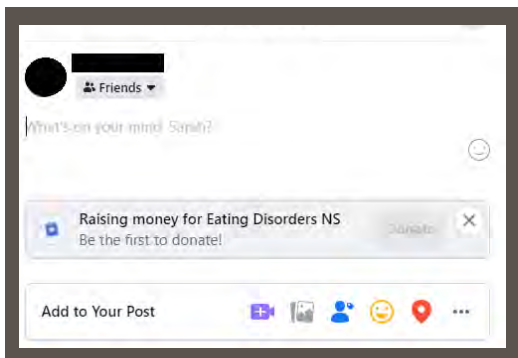
In the bottom right corner click the 3 dots, it will say more.



Click raise money



In the search bar type
Eating Disorders NS



Share your story of why Eating Disorders Nova Scotia is important to you and why someone should donate.

RAISING MORE MONEY ON FACEBOOK

DONATE TO YOURSELF FIRST

People are more willing to donate if you have personally invested in the cause. So go ahead and make that first donation before asking people to join you.

SHARE YOUR STORY

Make it personal, you chose Eating Disorders Nova Scotia for a reason, share that story with others.

LET PEOPLE KNOW

Don't assume people will see your fundraiser, share it multiple times while your fundraiser is on. Make sure to share your story when you do so.

BE APPRECIATIVE

Say thank you whenever someone makes a donation to your Facebook fundraiser.

QUESTIONS AND ANSWERS

I HAVE AN IDEA, WHAT NOW?

Great! Send an email to info@EatingDisordersNS.ca to let us know about your event and get started with your planning. Let us know if you need any print materials or a letter of support for obtaining licences or permits.

I DON'T HAVE AN IDEA BUT I WANT TO HELP. WHAT NOW?

Take a look at some of the ideas listed in this guide. Consider your strengths, maybe you bake amazing pies that you could sell, handy with a hammer? Auction off your handyperson skills! You can also always make a monthly or one time gift at www.EatingDisordersNS.ca/donate

CAN YOU HELP ME ADVERTISE/PLAN MY EVENT/FIND SPONSORS?

We are happy to share your event on our social media pages. We'll provide you with a logo to use and can write you a letter of support to help you with sponsorship, donations or permits.

HOW MUCH DO I NEED TO RAISE?

This is ultimately up to you. Be realistic with yourself in how much time and work you can put into hosting a fundraiser and how much you'd like to raise. A general guideline is that the cost of your your event or initiative shouldn't be more than 30% of your profits.

WILL YOU REIMBURSE ME FOR EXPENSES?

We cannot reimburse you for expenses. However, in your planning you can decide if you want to donate all of the money raised, or if you're going to donate the profits (what's left after you subtract expenses). Just be clear and let people know.

I WANT TO FUNDRAISE AT MY WORKPLACE, HOW DO I GET STARTED?

Awesome! Send us an email at info@EatingDisordersNS.ca and we will send you a copy of the logo that you can use in promotion. Let us know if you need any print materials or letters of support for your initiative.

HOW DO I DONATE THE MONEY RAISED?

Thank you so much!

You can:

- [donate online](#)
- e-transfer to Shaleen@EatingDisordersNS.ca
- or send a cheque to 109 Drummond Rd Halifax NS B3P 2L2

eating disorders

Nova Scotia

info@EatingDisordersNS.ca

www.EatingDisordersNS.ca

Charitable Number 766298525 RR 0001

