

CORPORATE TEAM IDEAS

THE 54TH WALK FOR HUNGER IS ON SUNDAY MAY 1, 2022.

This year, the Walk will be a virtual celebration and gathering of our community. We are excited to see how you mark the day—whether that's walking in your neighborhood, a virtual steps challenge with friends, riding an exercise bike or something completely unique, YOU are making a difference! We've compiled a few ideas to help you engage and support your team and kick start your fundraising. Take a look below!

REGISTER FOR FREE
www.projectbread.org/walk

QUESTIONS?
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HOST A TRIVIA NIGHT

In person or virtually, we can all enjoy trivia night. Here's how you can bring everyone together to support a good cause:

Recruit your players and assign them to teams—this may include anyone interested in participating in game night, even if they're not joining in the virtual Walk, they can still join in and support your work!

Come up with your own trivia questions using any style—Stump, Family Feud, Jeopardy! Have a theme or make it scattershot trivia, you might even want to throw in some anti-hunger facts in there. Brownie points if you can set up a suggested donation for each person who enters with the proceeds going toward your team's Walk for Hunger fundraiser. You can purchase gift cards/items or have them donated as prizes for the winners—or let bragging rights be the big prize!

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SCAVENGER HUNT

Whether scavenging for hidden treasure, an excuse to explore the neighborhood, or simply wanting to support a good cause—who doesn't love a good chase?

Create a scavenger hunt that can meet your team members wherever they are. Create a time frame for when the challenge should be completed by—a couple of hours, a week, or a month!

Go nuts! You can come up with a pre-determined list of things that participants can take pictures of or have them take photos of themselves in certain locations or doing certain things. Don't forget to create a space (Slack, Facebook group, iMessage) for people to post their photos. Now all you have to do is send out the clues and let them roam.

The team who has taken the most pictures from the list in the allotted time, wins! Winner or not, this is a great way to get your team moving around and interacting with their environments!

To make it a fundraising opportunity have a suggested donation amount for employees to join, the total will go towards your team Walk fundraising goal!

[CLICK FOR MORE DETAILS](#)

DESTINATIONS STEPS CHALLENGE

Have you always been curious how long it would take you to get to Miami, FL from Boston, MA by foot?

Use the idea of the steps fundraising challenge as a team by selecting any two points on a map and measuring the walking distance between them. You can do this by using GPS applications like Apple Maps, Google Maps, etc.

As a Walk team you can track how many miles each member of the team walks over a given period and add them together to try and reach your goal destination. For longer distances it could take up to a month or two, and for shorter distances it could be over the course of a week. Choose a distance that is feasible yet challenging for your team!

For example, the distance from Boston, MA to Miami, FL is 1,581 miles. If you had 20 members on your team that would be about 79 miles per person, which can be done over the course of anywhere from two weeks to two months—your choice! If pretending to go to Miami, FL isn't enough motivation to get walking, have individuals sponsor you and your teammates!

LUNCH DATE

Are you tired of being inside after a long winter? Here's a fun way to get your body moving with a series of quick exercise lunch dates:

Set a lunch date goal and have a standing time where you and your friends do a series of exercises together. Get your heart rate up with a burpees challenge or work on your flexibility with a yoga session—make it work for you! It doesn't require a lot of space and it only needs to take 10 minutes, but it's a nice way to say hello and stay active and energized with each other.

Remember to stretch before and after workouts, and hydrate well!

Share the Challenge goal you have set to your personal fundraising page and make sure to update your progress with your network. Motivate your team to get moving and reach your fundraising goal!

FITNESS TRACKER STEPS CHALLENGE

Working from home doesn't mean you can't get your steps in. Select a timeline for team members to try and get 10,000 steps/day for as many days as possible. You can track your steps by using pedometers, fit bits, apple watch, your phone, or whatever works best for you!

Keep yourself accountable by having individuals sponsor you— you can do this by giving a chosen amount for each day 10,000 steps are reached in the pre-determined time.

For example, if your fitness tracker challenge is a week long and a participant gets 10,000 steps for 6 of those 7 days, a sponsor offering to donate \$10 per 10,000 steps a day would donate \$60 to your Walk campaign.

Remember, this doesn't have to be steps, you can make it based on miles/day if that suits you best. Just make sure it motivates you and your team to take a walk, get some fresh air, and raise some money for a good cause.

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Register for the Walk for free and help raise \$1 million to invest in sustainable community programs providing hunger relief to our neighbors across Massachusetts. Please reach out with any questions.

www.projectbread.org/walk