



أصدقاء مرضى السرطان
Friends of Cancer Patients
مجلس الإمارات العربية المتحدة
United Arab Emirates

Relay For Life

Jan 25-26
2025

American University of Sharjah
Sharjah – United Arab Emirates



Creative Fundraising Ideas

Relay for Life is not just an event; it's a movement of hope, resilience, and community. To help you contribute meaningfully, we've created a list of fun and inspiring fundraising ideas. You can select one or mix and match to raise funds in your unique way. Let's make a difference together!

Creative Fundraising Item Ideas

Custom T-Shirts

Design T-shirts featuring the Relay for Life logo, inspirational quotes, or cancer awareness symbols. These are not just shirts but a way to wear hope proudly.

Cancer Awareness Bracelets

Sell silicone or woven bracelets in Relay for Life colors. Each bracelet is a symbol of solidarity and support.

Handmade Candles

Create scented candles with labels that share uplifting messages or cancer ribbons. Everyone loves a cozy glow for a cause!

Personalized Keychains

Offer customizable keychains with names or motivational phrases. These small items can carry big meaning.



Healthy Snack Packs

Assemble snack bags with granola bars, dried fruits, or nuts. Promote healthy lifestyles while supporting the cause.

Water Bottles or Tumblers

Design bottles with Relay for Life themes or cancer awareness decals. Practical and meaningful!

Inspirational Bookmarks

Craft bookmarks with quotes or illustrations about hope and resilience—perfect for book lovers.

DIY Craft Kits

Provide kits for making bracelets, small paintings, or greeting cards. Spark creativity and engagement.

Relay for Life Calendars

Design calendars featuring survivor stories, event dates, or inspirational quotes for a year full of hope.

Customized Phone Grips

Sell pop sockets or similar accessories featuring the Relay logo or cancer ribbons.

Plantable Seed Cards

Offer greeting cards embedded with seeds that grow into flowers or herbs—a gift that keeps giving.

Scented Sachets

Create small fabric bags filled with lavender or other calming scents for relaxation and positivity.

Themed Stationery Sets

Assemble notebooks, pens, and stickers with Relay for Life designs. Perfect for students and professionals alike.



Button Pins or Badges

Affordable and easy to sell, these can feature empowering messages or icons.

Luminaria Bags

Sell decorated paper bags that can be dedicated to loved ones and displayed during the event's luminaria ceremony.

Customized Tote Bags

Create totes featuring event logos or encouraging messages. Stylish and functional!

Inspirational Posters or Art Prints

Collaborate with artistic friends to design posters focused on hope, strength, and community.

Recipe Booklets

Compile and sell booklets of healthy and delicious meal recipes. Everyone loves a good cookbook!

Stress Relief Toys

Offer squishy balls or fidget toys branded with awareness themes. Perfect for stress relief.

Personalized Jewelry

Sell necklaces or bracelets engraved with names or inspiring words. These make thoughtful keepsakes.

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- **Be Creative:** Personalize your fundraising items to reflect your style and passion.
 - **Spread Awareness:** Share the story behind Relay for Life while selling your items.
 - **Make an Impact:** Remember, every small contribution helps us support cancer patients and survivors.

Together, we can make Relay for Life 2024 unforgettable. Choose your favorite ideas, gather your friends, and start fundraising today!



RELAY
FOR LIFE

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Fundraising Food items List

Recommended Food Items (Safe to Sell)

These items are simple, non-hazardous, and require minimal handling:

Baked Goods

- Muffins (without cream filling)
- Cookies (chocolate chip, oatmeal, sugar cookies)
- Brownies
- Cupcakes (with simple frosting, avoiding cream-based toppings)
- Banana bread or other loaf cakes

Snacks

- Popcorn (plain or flavored)
- Chips or crackers (packaged or homemade)
- Trail mix (without perishable ingredients like fresh fruit)
- Pretzels
- Packaged nuts (salted or roasted)

Fruits & Vegetables

- Whole fruits (apples, bananas, oranges, etc.)
- Fruit cups (with pre-cut fruit, stored in sealed containers)
- Vegetable sticks (carrots, cucumbers, etc.) with sealed dipping sauce



Confectionery

- Candy (store-bought or handmade, like toffee or hard candy)
- Chocolates (simple bars or truffles, avoiding cream fillings)
- Marshmallows or packaged sweets

Beverages

- Bottled water
- Sealed juices (store-bought)
- Packaged soft drinks or iced teas
- Hot chocolate (served from a clean dispenser)
- Coffee or tea (served from insulated containers)

Miscellaneous

- Packaged biscuits
- Packaged cereals or granola bars

Not Recommended Food Items (Avoid These)

These foods pose a higher risk of contamination or spoilage if handled by individuals without proper training or certifications:

High-Risk Foods

- **Raw or Undercooked Foods:** Sushi, tartare, raw eggs in dishes like tiramisu or homemade mayonnaise
- **Cream-Based Desserts:** Eclairs, cream pies, custards, or pastries with cream fillings
- **Prepared Salads:** Potato salad, coleslaw, or salads with mayonnaise or cream-based dressings
- **Seafood:** Shrimp cocktails, seafood salads, or any raw/cooked fish

Temperature-Sensitive Items

- Dairy-heavy dishes: Cheesecakes, milk-based puddings
- Hot foods requiring constant temperature control: Burgers, soups, stews
- Pre-cooked meats: Shawarma, grilled chicken, or sausages



Alcohol or Pork Products

- Alcohol-infused desserts (e.g., rum cake)
- Pork-based dishes (e.g., sausages, bacon, ham)

Homemade Perishables

- Ice cream or frozen desserts
- Unsealed or homemade dairy products

Food Guidelines for Fundraisers

To ensure safe and enjoyable food sales:

1. Preparation and Handling

- Use clean utensils and surfaces.
- Always wash hands before handling food.
- Wear gloves when serving ready-to-eat items.

2. Storage and Transport

- Keep hot foods above 60°C and cold foods below 5°C.
- Use insulated containers for temperature-sensitive items.

3. Labeling

- Clearly label foods containing allergens (nuts, gluten, dairy, etc.).
- Indicate if items are vegan, vegetarian, or halal-certified.

4. Portion Control

- Pre-portion food to reduce handling at the stall.

5. Waste Management

- Dispose of food waste in designated bins.
- Keep the stall area tidy throughout the event.