How to orange-up your day

Try these fun ideas and raise some extra money to support Alzheimer’s Research UK

- Guess the number of orange sweets in the jar
- Bake 140 orange cupcakes and sell them for ARUK
- Do 28 Parkruns in a year – 140km – donate £1 per run
- Wear orange tights or socks to work and donate £1 to ARUK
- Get sponsored to only eat orange food for a week
- Try an orange (the fruit) juggling contest
- Hold an Oompa Loompa fancy dress competition
- Make and sell orange marmalade for charity
- Get sponsored to wear orange pants outside your clothes for a day
- Try a 60 second orange (or chocolate orange) eating contest – pay to enter
- Charge colleagues for orange manicures
- Fake tan-a-athon anybody? Who can become the most orange?
- Make and sell orange smoothies
- Get sponsored to dye your hair orange
- Try an orange juggling contest
- Hold an orange fashion show
- Organise an orange themed quiz and charge people to enter
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For more help with your orange fundraising, please call **0300 111 5555** or email fundraising@alzheimersresearchuk.org