

# FAST-A-THON

## TEAM F.A.Q.s

Here are some suggestions to help your team raise awareness, reach your team's Fast-A-Thon fundraising goal, and be a part of our overall Fast-A-Thon success.

**Creating a Team.** While setting up your campaign page, you will have the option to join or start a team page. This is a great way for companies, schools, churches and clubs to rally together and support Holy Apostles Soup Kitchen and have a meaningful team-building experience for employees, students and members.

**Joining a team.** It's simple to join a team when you set up your own personal fundraising page and your employer or other organization may already have a team that you can join.

**It's a great way to support both the soup kitchen and the organization you are a part of, and have their support of your individual effort.**

**Include your team's page in your social media campaign.** Awareness-raising starts here! Start posting and tweeting your team's page URL along with your own campaign page URL to your social network. We have a social media kit with suggested language, hashtags, timing strategies and graphics at the bottom of the general Causevox page, and on the Fast-A-Thon event page on our Holy Apostles Soup Kitchen website. If you

**Include your team page URL along with your personal fundraiser URL that you email to your friends and family and, if applicable, ask them to also join your team.** In addition to your friend's generous pledge toward your campaign, when they join as a fundraiser in your team, the grassroots movement of this campaign can grow exponentially.

**Support the General Campaign with us.** When you send us your team's photo with a short quote about why your group is hungry for change, we will post it on our social media pages and link to your team page directly. That way, you will have the support of the entire The Holy Apostles Soup Kitchen social media community.

**On November 16th, let's really get the conversation cooking about hunger!** Besides sharing your personal experiences on social media take a group photo with our "Hungry for Change" signs and post it on social media. By tagging us, we'll repost and keep the support and excitement going on the day of the Fast-A-thon.

**We are here to support your fasting and fundraising.** Simply email Hannah at [halbee@holyapostlesnyc.org](mailto:halbee@holyapostlesnyc.org) or Adrienne at [alang@holyapostlesnyc.org](mailto:alang@holyapostlesnyc.org) with your questions. If you need technical support, you can contact us or simply reach out to CauseVox directly at [support@causevox.com](mailto:support@causevox.com). On behalf of all our guests, thank you for taking part in this year's Fast-A-Thon!

We are here to support your team's fasting and fundraising. Simply email Hannah at [halbee@holyapostlesnyc.org](mailto:halbee@holyapostlesnyc.org) or Adrienne at [alang@holyapostlesnyc.org](mailto:alang@holyapostlesnyc.org) with your questions

Holy Apostles Soup Kitchen's annual Fast-A-Thon is a marathon style fundraiser which requires the commitment of individuals and teams to raise money for the soup kitchen's meal program, and to raise awareness about hunger. In solidarity with hungry New Yorkers, fundraisers eat only one meal on November 16th. Beginning in September, "Fast-A-Thoners" ask their friends, family and social network to support their Fast-A-Thon campaign. This is primarily an on-line fundraiser. On-site, volunteer groups and individuals rally to support each other and the overall campaign during the soup kitchen's serving hours.