

CAVES  
for kids


JOIN  
FORCES  
WITH US!

MARCH 7 - 13



## *Host a Chili Cook Off! (in person)*

This party can also be done in person if it is safe to do so!

- ★ Set a date for your Chili Cook Off!
- ★ Send invitation to your friends and  or family to come join you for your cooking competition
- ★ Set a fundraising amount that each guest will contribute if they want to participate (e.g. \$10 per ticket)
- ★ Tell every guest to bring their ingredients and any other cooking utilities they may need to use to make chili
- ★ Some recipes to use may include [The Wholesome Dish](#), [Food Network](#), and [Betty Crocker](#). Make sure to take into consideration the time for prep and the ingredients needed!
- ★ Once you and your guests have all the ingredients, start cooking!

## *Host a Chili Cook Off! (virtual)*

This party can also be done virtually either on zoom or any other platform you wish to do it on. Follow the instructions below to host your very one virtual party on zoom

- ★ Set a date for your Chili Cook Off!
- ★ Set a fundraising amount that each guest will contribute if they want to participate (e.g. \$10 per ticket)
- ★ If you don't have zoom already download the application
- ★ Open Zoom, and click "schedule a meeting"
- ★ Insert the required information (e.g. Title of meeting, time, and date)
- ★ Choose an email address for Zoom and then go to your calendar and click the Zoom meeting to find the URL

## *Host a Chili Cook Off! (virtual)*

- ★ Send out the Zoom link to participants and write a message saying they will be let into the call once they have purchased a ticket
- ★ Tell every guest to bring their ingredients and any other cooking utilities they may need to use to make chili
- ★ Some recipes to use may include [The Wholesome Dish](#), [Food Network](#), and [Betty Crocker](#). Make sure to take into consideration the time for prep and the ingredients needed!
- ★ Once you and your guests have all the ingredients, start cooking!
- ★ If it's safe and you have the time, you can drop a small bowl at participating houses so they can try it or pop it in the freezer and save it for another night!



## *STEPS TO HOSTING THE ZOOM MEET!*

1.

*OPEN ZOOM, AND  
CLICK "SCHEDULE  
A MEETING"*



Schedule

2.

*INSERT THE REQUIRED  
INFORMATION AND  
CLICK "SAVE"*

(e.g. Title of  
meeting, time,  
and date)



### **Schedule Meeting**

Topic

Host a Chili Cook Off!

Date & Time

2022-01-30

8:00 PM

to

8:30 PM

2022-01-30

☐ Recurring meeting

Time Zone: Eastern Standard Time

3.

*COPY THE MEET LINK OR MEETING  
ID AND PASSWORD AND THEN  
EMAIL ONE OF THEM, OR BOTH, TO  
THE PARTICIPANTS!*



*THE JOURNEY TO A  
**BRIGHTER FUTURE**  
WILL NOT BE POSSIBLE  
WITHOUT YOUR SUPPORT*

# Resources

- Click [here](#) if you would like to download some super cool, social graphics! These include Facebook, Twitter, LinkedIn, and email banners, zoom backgrounds and template posts.
- Click [here](#) if you would like to watch Holland Bloorview's impact video for Capes for Kids!
- Click [here](#) to read Holland Bloorview's Impact Stories!



# FAQs

## *WHAT IS CAPES FOR KIDS?*

Capes for Kids is a fun, family friendly event where we encourage everyone to wear their cape and raise money to support kids with disabilities at Holland Bloorview Kids Rehabilitation Hospital. Register online, set a fundraising goal and decide what your action will be and then start fundraising! Wear your cape March 7-13, 2022!

## *WHERE DO I GET MY CAPE?*

You can make a cape from anything, a bed sheet, blanket or even a towel! Or you can earn a cape from Holland Bloorview. A limited number of branded capes are available for fundraisers after they raise their first \$100 (\$50 for child participants). Teams earn one cape for every \$100 they collectively raise. Raise \$1,000 and you unlock a brand new superhero level and redeem a GOLD cape!





# FAQs

## *CAN I PARTICIPATE BY MYSELF OR WITH A TEAM?*

Either way is great! Registration for Holland Bloorview's Capes for Kids is for both individuals and teams to participate.

## *WHAT IS MY PERSONAL FUNDRAISING PAGE?*

On your Personal Fundraising Page you can customize content and images, find sample emails that you can send to family, friends and co-workers asking for a donation, track who is supporting your mission, and follow up with a thank you or reminder to donate.



# Capes Contact Info

Have a question or want to learn more about Capes for Kids? We'd love to hear from you.

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