

100 WAYS TO HELP...

- CASA** Advocate for one of the **100 children in foster care each month** in our community.
- 1 Become a **Child Abuse Awareness** Month.
 - 2 Donate \$1.00 every day for a year, in honor of those 100 children.
 - 3 Help make 100 security blankets for children in foster care.
 - 4 Join the 100 **New Pairs of Shoes** drive.
 - 5 Commit to 100 days this year to Advocacy work on behalf of an **abused/neglected** child.
 - 6 Challenge 100 of your employees or co-workers to collect donations for CASA.
 - 7 Collect **100 pennies** each week to donate to CASA.
 - 8 Provide 100 sheets of **copy paper** to CASA.
 - 9 Spend **100 minutes** each month telling others about CASA's work on behalf of children.
 - 10 Make plans to attend the 100 candles vigil in honor of abused children in our community.
 - 11 **Donate** 100 coats for foster children.
 - 12 Give 100 scrapbook items for **foster children** to use in their "Life Book."
 - 13 Host a "Dinner Party" for your friends and collect **100 bills** to donate to CASA.
 - 14 Ask your church group to donate 100 cans of food for children in foster homes.
 - 15 Have your child's Girl Scout or Cub Scout troop collect 100 **school supplies** to donate to foster children.
 - 16 Sponsor a 100-day company-wide CASA coin collection drive.
 - 17 Collect **100 books** for foster children to read.
 - 18 Wear a **Child Abuse Prevention** Ribbon for 100 days to show the community you care about our children.
 - 19 **Volunteer** 100 hours of your time to baby sit for a parent who needs help or appears stressed.
 - 20 For every **100 customers** you serve, commit to make a donation to CASA.
 - 21 Donate a \$100 item from your business for CASA fundraising efforts.
 - 22 Place a Coin Collection Box at your place of business and collect 100 coins for CASA.
 - 23 Have a bake sale of 100 treats and donate the proceeds to CASA.
 - 24 Purchase 100 cups of Passport America Coffee from the CASA Website.
 - 25 Pick 100 flowers and give them to **parents who need encouraging**.
 - 26 Make a **corporate pledge** of \$100.00 per month.
 - 27 Organize a garage sale and designate the profit of 100 items to CASA.
 - 28 Provide an in-kind donation of 100 plastic utensils to the CASA office for **Volunteer Training Meals**.
 - 29 **Tell 100 children that you are proud of them**.
 - 30 Sing for 100 minutes with your choral group and dedicate the songs to CASA.
 - 31 Provide 100 canned or bottled drinks for CASA events.
 - 32 Sign up 100 members of your organization to help **provide meals** for Volunteer Training Sessions.
 - 33 Grant **100 minutes** of public service announcement to CASA's mission.
 - 34 Get your company name printed on 100 CASA fundraising t-shirts.
 - 35 Bake **100 cookies** for CASA Volunteer Advocates.
 - 36 Donate 100 paper plates/cups to CASA for training, meetings and events.
 - 37 Remind 100 of your friends that April is **Child Abuse Awareness** Month.
 - 38 Make a **\$100 corporate donation** for have "Casual Friday."
 - 39 Spend \$100 on meals with any local restaurant which provides support to CASA.
 - 40 Spend \$100 at one of the CASA participating department store **charity** sales.
 - 41 Send out **100 emails** about how you or your company support CASA.
 - 42 **Sell 100 Candy Canes** during CASA's Candy Cane Run/Walk event.
 - 43 Hand out 100 pieces of literature about CASA's program.
 - 44 Text 100 friends about upcoming CASA events.
 - 45 Sell 100 tickets to CASA's fundraising events.
 - 46 Drop 100 coins at CASA's booth at the North Alabama State Fair.
 - 47 **Sponsor 100 miles** of travel reimbursement for a Volunteer Advocate.
 - 48 Purchase 100 mailing labels to donate to CASA.
 - 49 Make 100 hand-made cards to send to Volunteer Advocates to encourage their hard work and dedication.
 - 50 Donate 100 hours to helping an abused or neglected child.
 - 51 Learn CASA's mission statement and **share it** with 100 family members and friends.
 - 52 **Sign up 100 Volunteers** to help with CASA events.
 - 53 Sponsor 100 Child Abuse Awareness/Prevention ribbons.
 - 54 Hide 100 plastic eggs with coins inside and have the "finding" children donate the money to CASA.
 - 55 **Hug 100 children**.
 - 56 Post a CASA event sign in your place of business for 100 days.
 - 57 Donate **100 postage stamps** to CASA.
 - 58 Ask your employer if they will match your \$100 personal contribution to CASA.
 - 59 In lieu of gifts, ask that a \$100 donation to CASA be made in your name.
 - 60 Organize a **"100 Cars Washed"** event and donate proceeds to CASA.
 - 61 Offer to do something your friends and family have been nagging you to do if they'll collect \$100 to **donate to CASA**.
 - 62 Save all the loose change at your house or office for **100 days** and donate it to CASA.
 - 63 Register to become one of 100 community members of the **CASA Friends Committee**.
 - 64 Donate \$100 from Ebay sales to CASA.
 - 65 Host a "Bean Day" at your office to support CASA, and sell 100 tickets to the community.
 - 66 Instigate a "Mom's Night Out" with 100 of your friends, trading baby-sitting services.
 - 67 **As a Volunteer Advocate, help ensure that 100% of the children served are in a safe placement.**
 - 68 Organize a 100 yard dash in your neighborhood, and collect small entrance fees to donate to CASA.
 - 69 Hang 100 Christmas lights on a single tree in honor of the abused and neglected children in our community.
 - 70 Donate 100 ink pens/highlighters to the CASA office.
 - 71 Donate 100 pairs socks for children in foster care.
 - 72 Donate 100 small **stuffed animals** to provide to law enforcement for abused and neglected children taken into custody.
 - 73 Enroll your sorority or fraternity to **pledge 100 service hours to CASA**.
 - 74 Provide 100 small marketing items for use in goodie bags at CASA events.
 - 75 Donate 100 plastic/styrofoam cups to CASA.
 - 76 Donate 100 file folders to the CASA office.
 - 77 Offer **100 words of encouragement** to a struggling or stressed parent.
 - 78 **Auction a \$100 item** and donate the profits to CASA.
 - 79 For every 100 hours of exercise you accomplish, donate \$100.
 - 80 For every 100 members in your organization, make an organizational contribution to CASA.
 - 81 Supply **100 toothbrushes** to provide dental hygiene assistance to foster children.
 - 82 For every 100 pizzas delivered, make a donation to CASA.
 - 83 Stuff 100 envelopes for CASA events.
 - 84 Submit a list of names and addresses for 100 potential CASA supporters.
 - 85 Organize a "100th day of" **party** and collect money for CASA.
 - 86 Donate 100 **light bulbs to use in foster group homes**.
 - 87 For every \$100,000 in insurance coverage you have make a donation to CASA.
 - 88 For every 100 miles you drive, make a contribution to CASA.
 - 89 Have someone sponsor every 100 miles you run, and make a donation to CASA in your name.
 - 90 Sponsor \$100 worth of Volunteer **appreciation gifts**.
 - 91 Collect 100 aluminum cans and **donate the refund** amount to CASA.
 - 92 For every 100 grade made on a test, have your parents make a donation to CASA.
 - 93 Spend 100 minutes a month talking to a child.
 - 94 Host a 100 plate **"Special Benefit Meal"** for CASA at your church.
 - 95 For every **100 members** of your church congregation, make a **pledge to CASA**.
 - 96 Sponsor a box of 100 candy canes for the CASA Candy Cane Festival.
 - 97 Donate a percentage of your "tip money" to CASA for a period of 100 days.
 - 98 Tell 100 children thank you, or show that you appreciate them in some way.
 - 99 Donate \$100 to CASA **in honor of your loved one** on a special day.
 - 100 **Develop a list of 100 more ways you or others can help abused or neglected children and send it to CASA!**

CASA OF FLORENCE/LAUDERDALE COUNTY, AL, INC.

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member of Alabama CASA Network and National CASA Association

