



3489 West 72nd Avenue, #112, Westminster, CO 80030
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I Can **5K** Sharing & Outreach Kit

Social media and email tools to help you share your Growing Home fundraiser.

In This Kit

01 Share on Social Media

Ready-to-use posts to promote your fundraiser.

02 Share by Email

Ready-to-use email messages to help you invite others to support your fundraiser.

For questions, contact us at Jacqueline@GrowingHome.org



Saturday, October 3, 2026
8:00 a.m. to 10:10 a.m.



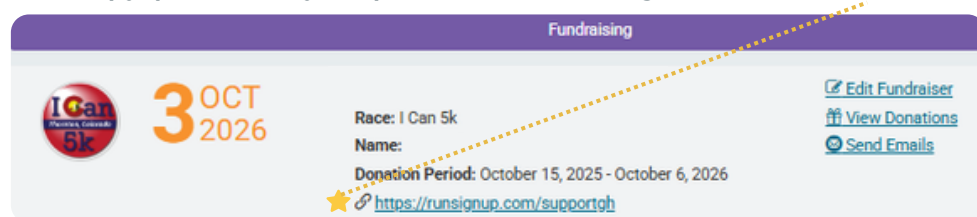
Carpenter Park Fields
108th Ave & Colorado Blvd.
Thornton, CO 80233



Share Your Fundraiser!

You've created your Growing Home fundraiser; now it's time to spread the word! Use the ready-to-share social media and email messages in this kit to invite friends, family, coworkers, and your community to support your fundraising goal.

Just copy, paste, add your personal fundraising link, and share.



Share on Social Media

Sharing your fundraiser on social media is an easy way to reach friends, family, coworkers, and others in your network.

How to Share

1. Choose one of the ready-to-use messages below.
2. Copy and paste it into your social media post.
3. Replace **[YOUR PERSONAL FUNDRAISING LINK]** with your fundraiser link.
4. Add a Growing Home Fundraiser Banner Image to make your post stand out.

Use the following button to obtain banner images.....

5. Add a personal sentence if you would like, and share!



Social Media Banners

Social Media Post #1

 I'm taking part in the I Can 5K on October 3 and fundraising for Growing Home!

I'm running alongside Growing Home to raise awareness about food access, early childhood development, essential resources, and long-term stability in our community.

100% of funds raised support Growing Home's programs and services. Help me reach my fundraising goal by donating or sharing my page:

 **[YOUR PERSONAL FUNDRAISING LINK]**

Learn more about Growing Home:
<https://growinghome.org/>

#GrowingHomeCO #ICan5K



Social Media Post #2

 I'm fundraising for Growing Home through the I Can 5K, and I'd love your support!

Every donation helps Growing Home continue providing food access, early childhood support, essential resources, and services that help families and individuals build greater stability.

♥ Help me reach my fundraising goal:
 **[YOUR PERSONAL FUNDRAISING LINK]**
You can also help by sharing my fundraiser with your network.

Learn more about Growing Home:
<https://growinghome.org/>

#GrowingHomeCO #ICan5K



Share by Email

Email is a great way to personally reach friends, family, coworkers, and others in your network who may want to support your fundraiser.

How to Share

1. Choose one of the ready-to-use email messages below.
2. Add the recipient's name when possible.
3. Replace **[YOUR PERSONAL FUNDRAISING LINK]** with your fundraiser link.
4. Feel free to add a personal sentence about why you are fundraising for Growing Home.
5. Send it to your network!

Email Option 1

Subject:

Help Me Support Growing Home Through the I Can 5K

Hello!

I'm participating in the I Can 5K on October 3 and fundraising for Growing Home!

I'm supporting Growing Home to help raise awareness and funds for food access, early childhood development, essential resources, and pathways toward greater stability in our community.

I'd love your help reaching my fundraising goal. You can support my fundraiser here:

[YOUR PERSONAL FUNDRAISING LINK]

If you're unable to donate, sharing my fundraiser with others is another great way to help.

Thank you for supporting me and Growing Home!
Together, We Grow Stronger Futures.



Email Option 2

Subject:

I'm Running for Growing Home, Help Me Reach My Goal!

Hello!

I'm running the I Can 5K on October 3 and fundraising for Growing Home.

I've set a goal to help support Growing Home's work around food access, early childhood development, essential resources, and long-term stability in our community. Will you help me get there?

Donate through my personal fundraiser here:

[YOUR PERSONAL FUNDRAISING LINK]

Every gift moves me closer to my goal, and every share helps spread the word.

Thank you for supporting me and Growing Home!



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*Run, Walk, and Fundraise
for Stronger Futures!*



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