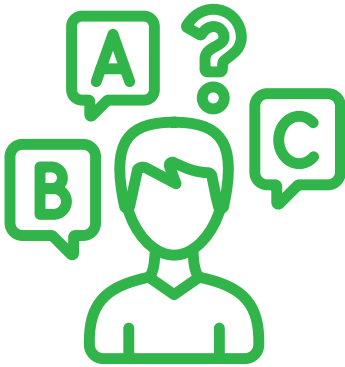


# Event Ideas

Because we're all a little different, you can choose what your Munch for Mito will be. If you're not sure, here are some ideas:

## Green Morning Tea

Invite friends or colleagues to a morning tea washed in green. Whip up some avo on toast, spread some green icing on cupcakes and juice the greenest vegetables from your fridge. Use our cup sleeves to get guests sharing mito facts and increasing everyone's knowledge about mito. If you'd like to raise funds as well as awareness, you could ask people to donate to your page or even sell your impressive green treats for a donation fee!



## Zoom Quiz

Stay on the Zoom bandwagon and get friends from across the country or globe to join you for self-catered drinks and snacks. Invite friends using the Facebook tiles, or template emails and ask for a small donation to enter the quiz round. Use our mito quiz to get your guests on the topic of mito.

## Picnic and Lawn Games

Invite friends for a day of fun in the park. Ask guests to bring their favourite picnic items to munch and set up games, like The Coin Muncher to raise funds as well as awareness.



## Swanky Dinner Do

Lay the dinner table with placemats and napkins and show off your culinary skills at a dinner party. Raise a glass and raise awareness of mito. Ask guests for a contribution to have maximum impact.