

There's a flipside to
cancer thanks to every
bandanna you sell

BANDANNA DAY GUIDE

SELLING BANDANNAS

#BandannaDayAu



canteen
bandanna day

OUR VALUES AND COMMITMENTS

Acknowledgement of Country

Canteen acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of this land. We pay our respects to Elders past, present and future. We are committed to providing inclusive and appropriate support for Aboriginal and Torres Strait Islander young people, their kin and community.



Ngalaya (Dharawal for ally or friend in battle), is an artwork commissioned by Canteen created by Kamilaroi and Jerrinja woman and artist Jasmine Sarin.

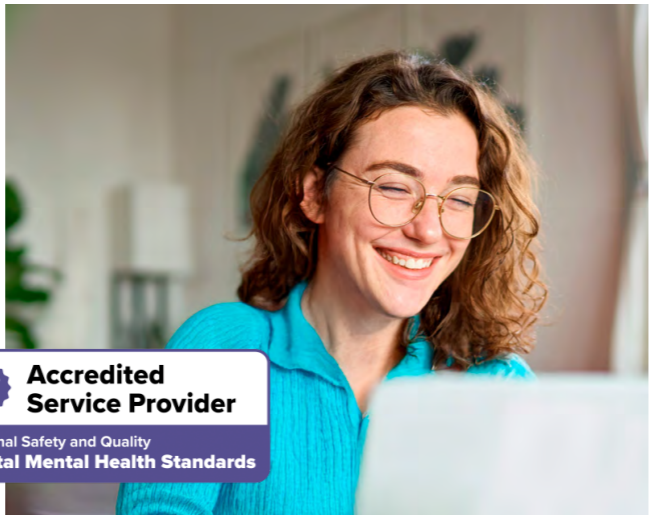
Diversity and Inclusion

We are guided by our values and commitments to ensure that everyone at Canteen feels respected, included and safe. We welcome the LGBTQI+ community and people from all cultures, backgrounds and abilities.



Digital Mental Health Standards

Canteen meets all the Digital Mental Health Standards. This signifies that our support services, governance structures and the way our teams operate are of high quality, safe, and meet international standards.



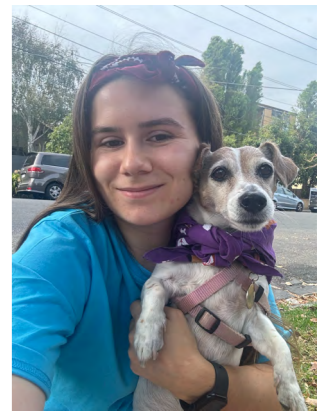
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CHLOE'S STORY

At just 13 years old, Chloe's life changed forever. Her dad was diagnosed with Richter's Transformation — a rare and aggressive form of cancer. Suddenly, life became a blur of hospital visits, treatments, and emotional exhaustion.



Left: Chloe with her dad in hospital. Above: Chloe and her fluffy friend Rose taking part in Bandanna Day 2024.

"I just didn't know how to react," Chloe shared. "I felt like everything was closing in on me."

Each day after school, Chloe would wait for her mum to finish work so they could head straight to the hospital. It quickly became their new normal. While her classmates were thinking about homework and hanging out with friends, Chloe was navigating fear and uncertainty at home. At school, she felt completely out of place, isolated in her experience.

"There were hundreds of kids at school, but I felt like I was the only one with a dying parent."

Later that same year, Chloe's dad passed away.

Finding connection through Canteen

In the middle of her grief and confusion, Chloe discovered Canteen, a turning point in her journey.

"I heard about Canteen towards the end. It felt really nice to know there were other people like me. We didn't even have to talk about cancer... we just understood each other."

Chloe found a community of young people who understood her experience

with Canteen and felt more connected and supported than she had in months.

Giving back as a Youth Ambassador

In 2020, Chloe decided to give back. She became a Canteen Youth Ambassador to support other young people impacted by cancer, just like her.

"I've done so many things since since I lost my dad — graduated high school and uni, got my licence, moved across the country. Life now is just a whole lot more fun."

Now 25, Chloe continues to speak out and support others, so no young person has to face cancer on their own.


Your support makes stories like Chloe's possible

There's a flipside to cancer because of supporters like you. The support Chloe received through Canteen changed her life.


Your donations help young people facing cancer feel seen, supported, and empowered to move forward, just like Chloe.

HOW YOU CAN MAKE THE MOST OF YOUR BANDANNA DAY


Kickstart your fundraising and make a personal donation on your fundraising page. Others will follow your lead.




Share far and wide! Post details of your Bandanna Day fundraiser, and how people can purchase their bandanna from you, on your social media accounts and via texts and emails.




Tell your story by sharing your personal connection with friends, family, colleagues and local businesses. Sharing details about why you're fundraising can be incredibly powerful and will show people how important their support is.




Ask for support from your workplace or school. There might be an upcoming event you can sell your bandannas at, or you could create your own.



Share weekly updates of how many bandannas you have left to sell. Why not ask for your fundraising page link to be shared in the next school/company newsletter? This will help you spread the word about your fundraiser.



Say thank you to everyone who purchases a bandanna from you and let them know you're grateful for their support.



We've got heaps of handy downloadable **resources on our website** to help you get the most out of your Bandanna Day event.



THE IMPACT YOU'RE MAKING

Every year, 23,000 young people aged 12–25 are impacted by cancer in Australia.

Every dollar raised from Bandanna Day helps Canteen provide practical and emotional support to help young people explore their feelings about cancer and connect with their peers going through similar experiences. If a young person has been diagnosed with cancer, we also provide youth-specific treatment teams to support them on their journey.

\$15

can provide youth friendly resources to help a young person struggling with their diagnosis

\$45

can help a young person access life-changing support 24/7 through Canteen Connect

\$65

can help a young person attend a drop in event at their local Canteen office

\$120

can help a young person work through their cancer experience with a specialist counsellor

\$270

can help a young person attend one of our in-person programs

\$700

can send a young person on a locally organised 3-day program

WAYS TO STYLE YOUR BANDANNA

Wear it on your head, around your neck, or on your arm — everyone has their own bandanna-style.



Alice Band

Fashionable and functional. The Alice Band is for those looking to make a sleek and stylish fashion statement.

1. First, take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the point, fold backwards by 4cm as many times as necessary until you meet the opposite side.
3. You should now have a long, thick strip.
4. Centre the bandanna at the base of your hairline and lift both ends upwards, passing behind your ears. Tie the ends in a single knot on top of your head.



Wristband

By wrapping them around your wrists you can turn them into the ultimate style accessory that adds colour and flair to your cuffs.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold back by 6cm as many times as necessary until you meet the opposite point.
3. You should now have a long, thick strip.
4. Wrap the bandanna around your wrist and tie.



Scrunchie

The best bandannas for the scrunchie style are the premium range bandannas.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold back by 6cm as many times as necessary until you meet the opposite side.
3. You should now have a long, thick strip.
4. Tie this around your ponytail as many times as you like to get your desired look.



Classic

This is the no fuss approach. It's simple and effective and gets the job done.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Put the long edge of the bandanna to your forehead, placing it as high or low as you like.
3. Smooth the body of the triangle back over your head, with the point falling by the nape of your neck.
4. Bring the ends of the bandanna to the back of the head, overlapping the triangle tip and tie in a single knot



Headband

Always trendy, always hip, forever cool. It's the choice of Wimbledon champions and thousands of Aussies this Bandanna Day.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold back by 6cm as many times as necessary until you meet the opposite side.
3. You should now have a long, thick strip.
4. Centre the headband on your forehead and tie the ends behind your head in a single knot.



Neck

Whether you're perfectly stylish, or want to channel your inner cowboy, the necktie is a rebellious classic

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold backwards by 3cm twice towards the point.
3. Wrap around your neck and tie in a single knot at the back.



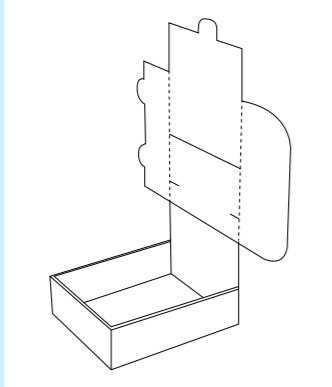
Share a pic of you in your bandanna in our **#BandannaDayAu** Facebook group or tag **@CanteenAus** and **#BandannaDayAu** on your social media posts.

How do
you wear
yours?

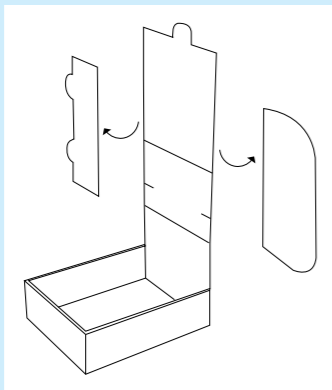


SETTING UP YOUR BOX

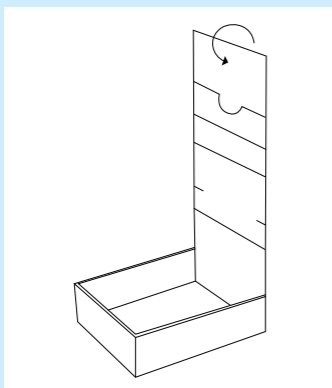
1. Unfold the top and side flaps to reveal stock



2. Remove the side flaps

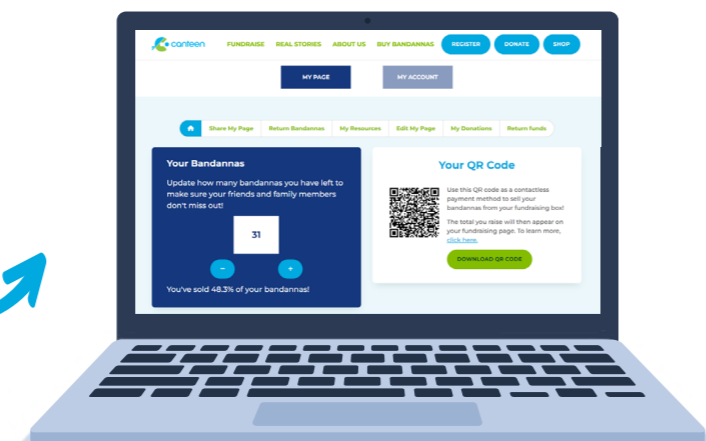


3. Fold over the top flap, then fold the lid along the double crease and tuck behind the bandannas



Start Selling!

Visit your fundraising dashboard for your personalised QR code and posters to help make selling a breeze.



RETURNING FUNDS AND STOCK

Depositing funds

Depositing the funds you've raised is simple. If you've either collected funds via bank transfer or have already deposited cash donations to your own account, you deposit them back to us via a direct bank transfer or you can send us a cheque.

Deposit via electronic transfer

Bank: NAB

Account Name: Canteen Australia

BSB: 082 001

Account number: 518 822 412

Reference number: This starts with NBD25 and can be found at the top of your welcome letter and next to your name on your fundraising page.

ABN: 77 052 040 516

Once you have completed the transfer, please send a remittance advice or screenshot of your payment to nbd@canteen.org.au

Deposit by cheque

Send a cheque to us at:

Canteen Bandanna Day Returns

Reply Paid 3821

Sydney NSW 2001

Please remember to include your reference number (this starts with NBD25 and can be found at the top of your welcome letter and next to your name on your fundraising page) on the back of the cheque.

Returning unsold stock

On your fundraising dashboard you'll find a return paid postage label and stock form. Print these off and send back with your remaining bandannas (no need to return the box this can be recycled in your yellow bin).

Attached the reply paid label to the package and drop off at any Australia Post box. It will come back to us with no charge to you.

Please ensure you fill out the 'return bandannas' slip with the number of bandannas you are returning and send this back with the unsold stock. This makes it easier for us to reconcile your order.

CANTEEN BANDANNA DAY

Reply Paid 3821

SYDNEY NSW 2001

Have questions about fundraising this Bandanna Day?
Check out bandannaday.org.au/faqs or contact us at nbd@canteen.org.au




Thank you for helping
young people find life
in the face of cancer.



Please get in touch if
you have any questions.
We're here to ensure your
fundraiser is a success.

nbd@canteen.org.au
1800 226 833
bandannaday.org.au

**Connect with us
on our socials**

 [canteen_aus](https://www.instagram.com/canteen_aus)
 [CanteenAus](https://www.facebook.com/CanteenAus)
 [canteen-australia](https://www.linkedin.com/company/canteen-australia)
[#BandannaDayAu](https://twitter.com/BandannaDayAu)

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