



BANDANNA DAY GUIDE

SELLING BANDANNAS

Help stop cancer
derailing teens' lives.

#BandannaDayAu

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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LULU'S STORY



Lulu never expected that meeting a friend of a friend would lead to the most meaningful connection of her life.

Lulu and Félix first met through their mutual friend.

From that moment, a friendship began, one that would grow into a relationship built on adventure, growth and laughter.

Félix had already been told that the rare sarcoma growing on his heart and into his lung and his condition was terminal. "He never came across as though he was sick," Lulu shared. "He lit up every room. He made people smile. He was unbelievably talented and he was incredibly athletic, despite his breathing being a difficult obstacle at times."



Left: Captain Lulu (fourth from the right) and the Félix's Fighters team at Sydney Marathon 2024. Above: Félix taking on an Ironman event for Canteen.

Walking alongside Félix's journey

Supporting Félix through his cancer journey, Lulu says, was an honour. Sometimes that meant going with him to appointments, gently checking in on how he was processing the latest update. Other times it was quiet moments: hospital stays filled with Lego building, pizza nights, movie marathons, and simply being present together.

"I wanted my bandanna to feel full of vivacity and love for life. It represents so many of the things Félix cherished. Even though his life fell far too many years short," Lulu said, "he lived with the passion many people may go their whole lives without having."

Finding support through Canteen

Through it all, Canteen was there for Félix during the toughest moments of his journey. Canteen provided counselling, and a community of young people who understood what he was going through.

Félix found something rare at Canteen— young people who could relate to his experiences, who gave him real advice on navigating life as a young adult with cancer. That connection meant the world to him.

Lulu and Félix had almost two years together before he passed away in early April 2024, just a week before his 21st birthday. "this was the most meaningful relationship of my life and I will carry him with me always."

Living out Félix's legacy

This year, Lulu has designed a bandanna inspired by Félix. A tribute to the vibrant, passionate way he moved through life.



"My hope is that Canteen finds young people at the moment they need refuge. That they feel held, supported, and not alone. Cancer brings challenges that no one our age should have to face, and I hope everyone finds a community like Canteen to walk with them through it."

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.



Posters



Postcards



Social tiles



Check them out here

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.



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



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.



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.



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.

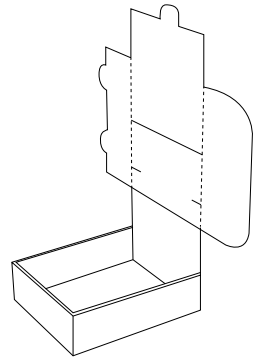
Share a pic of you in your bandanna in our [#BandannaDayAu](#) Facebook group or tag [@CanteenAus](#) [#BandannaDayAu](#) on your social media posts.

How do you wear yours?

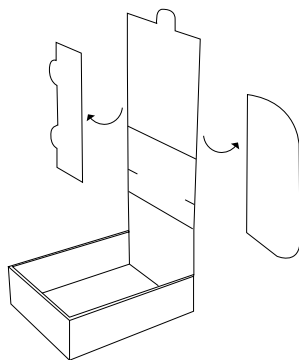


SETTING UP YOUR BOX

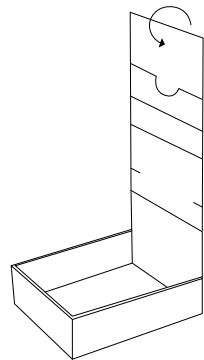
1. Unfold the top and side flaps to reveal stock



2. Remove the side flaps

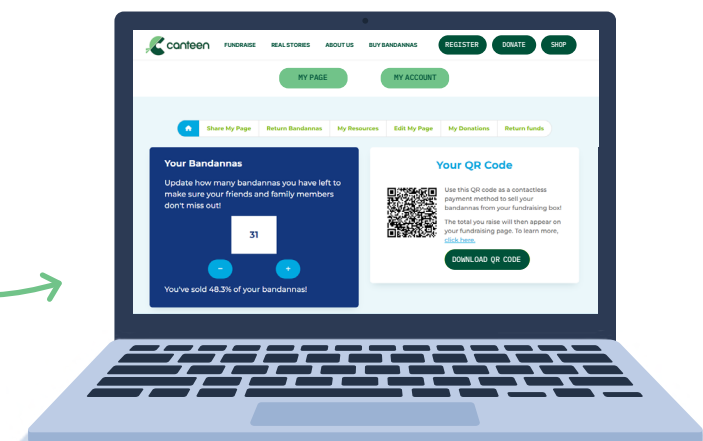


3. Fold over the top flap, then fold the lid along the double crease and tuck behind the bandannas



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 NBD26 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 NBD26 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.
YOUR SUPPORT
STOPS CANCER
FROM DERAILING
TEENS' LIVES.**



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_au



CanteenAus



canteen-australia

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